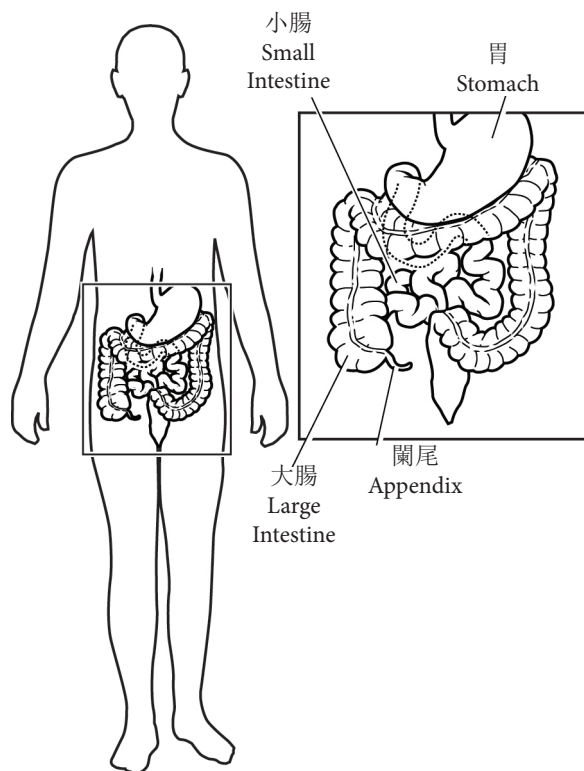


兒童單純性闌尾切除術

Simple Appendectomy for a Child

Appendectomy is a surgery to remove the appendix. The appendix is a small pouch that comes off of the large intestine. The appendix sometimes gets blocked and becomes infected and swollen. Signs of an infected appendix include abdominal pain in the lower right side, fever, poor appetite, nausea, and vomiting. If the appendix bursts, it can make you very sick.

To do this surgery, the doctor will make 3 or 4 small incisions in the abdomen.



闌尾切除術是一種切除闌尾的手術。闌尾是位在大腸下方的小型袋狀結構。闌尾有時會堵塞，造成感染和腫脹。闌尾感染的症狀包括：右下腹疼痛、發燒、食慾不振、噁心、嘔吐。如果闌尾破裂，可能加重病情。

要進行闌尾切除術，醫生會在腹部開 3 或 4 個小切口。

To Prepare

- Tell your doctor what medicines your child is taking including prescriptions, over the counter medicines, vitamins, and herbs.
- If your child has any allergies to medicines, foods, or other things, tell the staff.
- Your child should have nothing more to drink until after the surgery.

準備

- 告訴醫生，孩子正在服用的藥物，包括處方藥、非處方藥、維生素及草藥。
- 如果您的孩子對藥物、食物或其他東西過敏，請告訴醫護人員。
- 手術前，孩子不得喝水或飲料，直到手術結束。

During Surgery

- Your child will wear a hospital gown.
- An IV (intravenous) is put into a vein for giving medicine and fluids.
- Your child will be given medicine, so he or she will sleep through the surgery. The medicine will be given through the IV or a face mask.
- The abdomen is cleaned and sheets are put over your child to keep the surgery area clean.
- Incisions are made in your child's abdomen.
- The appendix is removed.
- The incisions are then closed with:
 - Gauze and tape dressing
 - Steri-Strips™, a special tape
 - Dermabond®, a special glue
- A transparent dressing, called Opsite, or bandages may be placed over the wounds.

After Surgery

In the Hospital

- Your child is taken to the Post Anesthesia Care Unit (PACU) and watched closely until he or she wakes up and is doing well.
- Your child's breathing, blood pressure, and pulse are checked often.
- Your doctor will talk to you about your child's surgery.
- Your child will need to get up and walk around after surgery. This helps "wake up" the bowels, and helps with your child's breathing and blood circulation.

手術期間

- 您的孩子會穿醫院的病人罩衣。
- 進行靜脈注射，供給藥物及流體。
- 您的孩子會施打麻醉藥，使其在手術中保持睡眠狀態。麻醉藥透過靜脈注射或面罩供給。
- 清潔腹部，用單單蓋在孩子身上，以保持手術部位清潔。
- 在孩子腹部開切口。
- 將闌尾切除。
- 然後用下列物品將切口閉合：
 - 紗布和膠帶敷料
 - Steri-Strips™，一種特殊膠帶
 - Dermabond®，一種特殊膠水
- 一種稱為 Opsite 的透明敷料或繃帶可用來覆蓋傷口。

手術後

住院期間

- 您的孩子會被送至麻醉後加護中心 (PACU) 接受密切觀察，直到他/她清醒且狀況良好。
- 頻繁檢查孩子的呼吸、血壓與脈搏。
- 醫生會告訴您孩子的手術情形。
- 手術後，孩子必須下床並四處走動。如此有助「喚醒」腸道，並對孩子的呼吸及血液循環有所幫助。

- Your child may be able to go home the same day as surgery if he or she can walk, take pain medicine by mouth, and drink clear liquids.
- Medicines given during the surgery will make your child sleepy. Your child should be watched closely for 24 hours after you go home.

At Home

- Your child should get plenty of rest.
- Give medicines as directed by your doctor.
- Call your child's doctor's office to schedule a follow up visit.
- Follow the instructions given to you on how to care for your child's incisions.
 - ❑ **Steri-Strips™:** The tapes will fall off on their own. Do not remove them unless the doctor says that it is okay.
 - ❑ **Dermabond®:** The glue will loosen from your child's skin as your child's wounds heal. Wounds covered in Dermabond® need to be kept dry for one day after surgery.
 - ❑ **Opsite:** Leave this dressing in place. It will fall off on its own in 1 to 2 weeks. Do not remove unless your child's doctor says that it is okay.
- Your child may take a shower. Do not let your child take a tub bath or swim for one week after surgery. Carefully wash the incisions with soap and water and pat dry.

- 如果您的孩子已能行走、口服止痛藥並且能喝透明液體，即可當天出院回家。
- 手術期間給予的藥物會令孩子嗜睡。回家後，應密切觀察孩子的狀況 24 小時。

居家期間

- 孩子應該充份休息。
- 遵照醫囑用藥。
- 聯絡醫生，安排複診時間。
- 遵照指示護理孩子的切口。
 - ❑ **Steri-Strips™:** 此膠帶會自行脫落。除非醫生同意，勿自行拆除這些膠帶。
 - ❑ **Dermabond®:** 隨著孩子的傷口癒合，此膠水會從皮膚上鬆開。用 Dermabond® 包紮的傷口必須在手術後保持乾燥，為期一天。
 - ❑ **Opsite:** 保留此敷料。它會在一至二週內自行脫落。除非醫生同意，勿自行移除。
- 孩子可以淋浴。手術後一週內，勿讓孩子坐浴或游泳。用肥皂或清水小心清洗切口後，把水拍乾。

- It may be hard for your child to have a bowel movement after surgery. Walking and eating high fiber cereals, beans, vegetables, and whole grain breads will help. Drinking a lot of liquids may also help.
- Your child may need to do deep breathing and coughing exercises to keep from getting a lung infection after surgery. Have your child deep breathe and cough every hour while awake and if he or she wakes up during the night.
- Your child should not lift objects over 10 pounds for 3 weeks after surgery.
- Talk to your child's doctor or nurse about other activity limits. Your child should be able to return to normal activities in about 1 week.

Call the doctor right away if your child has:

- Incisions that come apart
- New bleeding from the incisions
- Pain in the abdomen or shoulder area that does not go away or gets worse
- Increased redness, bruising, tenderness, or swelling
- A fever over 101 degrees F under the arm or 102 degrees F rectally
- Stomach becomes distended (full and firm), or your child acts as if it is painful
- Vomiting more than one time
- Trouble having a bowel movement

- 孩子在手術後可能很難排便。走路並食用高纖穀物、豆類、蔬菜及全麥麵包，有助排便。飲用大量液體也有幫助。
- 您的孩子可能需要做深呼吸與咳嗽練習，以避免手術後肺部感染。讓孩子在清醒時的每小時做一次深呼吸與咳嗽練習，夜晚醒來時也必須做此練習。
- 孩子在手術後 3 週內不應提舉超過 10 磅的重物。
- 詢問醫生或護士其他相關的活動限制事項。您的孩子應能在 1 週後恢復正常活動。

如果孩子出現下列症狀，馬上聯絡醫生：

- 切口裂開
- 切口處重新出血
- 腹部與肩部疼痛未消失或惡化
- 發紅、瘀傷、觸痛、或腫脹加劇
- 發燒，腋下溫度超過華氏 101 度或肛門溫度超過華氏 102 度
- 胃部鼓脹（脹硬感），或孩子出現胃痛
- 嘔吐不止一次
- 排便困難

Call 911 right away if:

- Your child has trouble breathing all of a sudden.
- Your child has chest pain.

Talk to your doctor or nurse if you have any questions or concerns.

如有以下症狀，馬上撥打119:

- 孩子突然呼吸困難。
- 孩子感到胸痛。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。