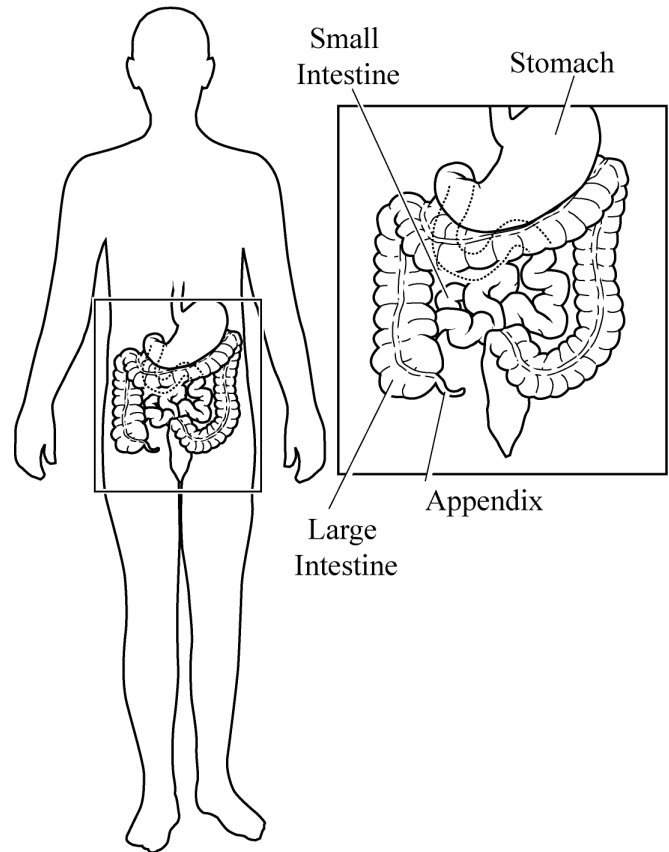


# Appendectomy for a Child

Appendectomy is a surgery to remove the appendix. The appendix is a small pouch that comes off 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.

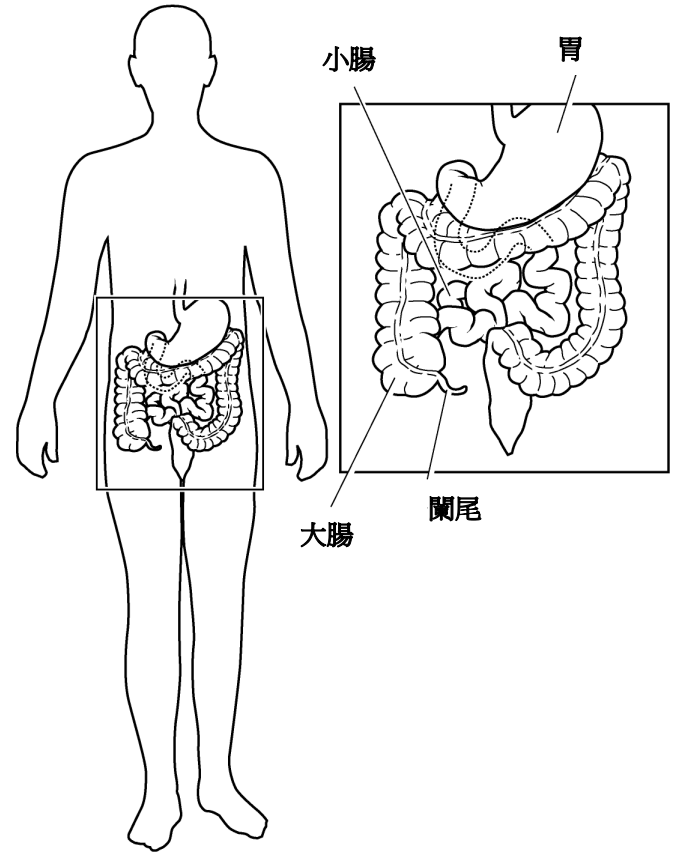


There are two ways to do this surgery:

- **Open appendectomy** - a single incision is made in the abdomen. The doctor works through this larger incision to remove the appendix.
- **Laparoscopic appendectomy** - 3 or 4 small incisions are made in the abdomen. The doctor uses a camera and tools through the small incisions to remove the appendix. With this type of surgery, your child may recover faster, have less pain, less scarring, fewer wound problems and often spends less time in the hospital.

# 兒童闌尾切除術

闌尾切除術是切除闌尾的手術。闌尾是大腸末端的細長管腔。闌尾有時候會被堵塞，導致發炎和腫脹。闌尾感染的症狀包括腹部右下方疼痛，發燒，食慾不振，噁心和嘔吐。如果闌尾破裂，可能導致嚴重後果。



闌尾切除術有兩種方式：

- **開腹闌尾切除術 (Open appendectomy)** -在腹部開一個切口。醫生透過這個切口切除闌尾。
- **腹腔鏡闌尾切除術 (Laparoscopic appendectomy)** -在腹部開 3 或 4 個很小的切口。醫生透過這些小切口，使用攝影機和工具切除闌尾。施行此手術，孩子可能康復更快，疼痛較小，疤痕較小，傷口問題較少，一般住院時間也較短。

## **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.

## **During Surgery**

- Your child will wear a hospital gown.
- An IV (intravenous) is put into a vein in your child's arm or leg for giving medicine and fluids.
- Your child will be taken on a cart to the surgery room. A belt may be put over your child's legs for safety.
- 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.
- An incision is made in your child's abdomen. With laparoscopic, 3 or 4 incisions are made.
- The appendix is removed.
- The incision(s) are closed with stitches, staples or special tapes called steri-strips.
- If stitches or staples are used, a bandage is taped over them.

## 準備工作

- 向醫生說明孩子正在服用哪些處方藥物、非處方藥物、維他命和草藥。
- 如果孩子對藥物、食物或其他物品過敏，須向工作人員說明。
- 孩子手術前不要喝更多飲料（包括水），等到術後再喝。

## 手術程序

- 會讓孩子換上醫院的罩衣。
- 在孩子的手臂或腿上插入靜脈注射導管，注射藥物和流體。
- 會讓孩子躺在推車上推入手術室。為安全起見，可能用帶子固定孩子的腿。
- 孩子會接受麻醉藥，手術中保持睡眠狀態。麻醉藥透過靜脈注射或面罩給藥。
- 清潔腹部，用布蓋在孩子的身上，以保持手術部位的清潔。
- 在孩子的腹部開一個切口。如果是腹腔鏡手術，要開 3 或 4 個切口。
- 切除闌尾。
- 用縫合線、縫合器或特殊膠帶（免縫膠帶）封閉切口。
- 如果使用縫合線或縫合器，則表面要用繃帶包紮。

## **After Surgery**

### **In the Hospital**

- Your child is taken to the recovery room 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.
- Most children are ready to go home in 24 hours.
- 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.
- Your child may take a shower. Do not let your child take a tub bath for one week after surgery. Remove the bandage(s) over the incision(s) when your child takes a shower or at least one time each day. Carefully wash the incisions with soap and water and pat dry. Put new band-aids over each incision. Change the band-aids any time they get wet or dirty.
- If your child has steri-strips, leave them alone. They will fall off on their own.

## 手術後

### 住院期間

- 會把孩子送到康復室接受密切觀察，直至醒來而且狀態良好。
- 經常檢查孩子的呼吸、血壓和脈搏。
- 醫生會向您介紹孩子的手術情況。
- 大多數孩子可在 24 小時內出院回家。
- 手術中使用的藥物會使孩子非常嗜睡。孩子回家後，應密切觀察 24 小時。

### 在家中休養期間

- 孩子應充分休息。
- 遵醫囑用藥。
- 致電給醫生，安排複診。
- 孩子可洗淋浴。手術後一週內，切勿讓孩子洗盆浴。孩子洗淋浴前，取下刀口處的繃帶，或至少每天取下一次。取下繃帶後，仔細用肥皂和水清洗刀口，把水拍乾。每處刀口都要換新的繃帶。繃帶潮濕或變髒後，都要更換。
- 如果孩子使用免縫膠帶，不要動免縫膠帶。免縫膠帶會自動脫落。

- 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 three days.
- Talk to your child's doctor or nurse about other activity limits. Your child should be able to return to normal activities in about one week if laparoscopic surgery was done. If it was an open surgery, recovery may take longer.

Call your doctor **right away** if your child has:

- Pain in the abdomen or shoulder area that does not go away or gets worse
- Increased redness, bruising or swelling
- A fever over 101 degrees F
- Chills, a cough, or is feeling weak and achy
- Vomiting
- Skin that is itchy, swollen skin or a new rash
- Trouble having a bowel movement or has diarrhea often

- 手術後，孩子可能大便困難。走動，吃高纖維穀物、豆類、蔬菜和全麥麵包，均有助於緩解大便困難。此外，多喝飲料也有幫助。
- 爲防止手術後發生肺部感染，孩子可能需要做深呼吸和咳嗽練習。讓孩子在清醒時每小時做一次深呼吸和咳嗽，夜晚醒來時也要做。
- 手術後三天內，孩子不應提舉超過 4.5 公斤 (10 磅) 的重物。
- 向醫生或護士諮詢孩子須遵守哪些其他的活動限制。如果是腹腔鏡手術，孩子在手術後大約一週內應可恢復正常活動。如果是開腹手術，康復時間可能會更長一些。

如孩子出現以下情況，**立即**致電給醫生：

- 腹部或肩部疼痛，持續不退或惡化
- 發紅、瘀傷或腫脹加劇
- 發燒超過攝氏 38 度 (華氏 101 度)
- 畏寒、咳嗽或感到虛弱和頭痛
- 嘔吐
- 皮膚搔癢、腫脹或新出現皮疹
- 大便困難或經常腹瀉



Call 911 **right away** if:

- *The incisions come apart.*
- *There is new bleeding from the incisions.*
- 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.**

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如果有以下情況，**立即**致電 911：

- 刀口迸裂。
- 刀口重新出血。
- 孩子突然呼吸困難。
- 孩子胸痛。

如果有任何疑問或擔心，請諮詢醫生或護士。

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Appendectomy for a Child. Traditional Chinese