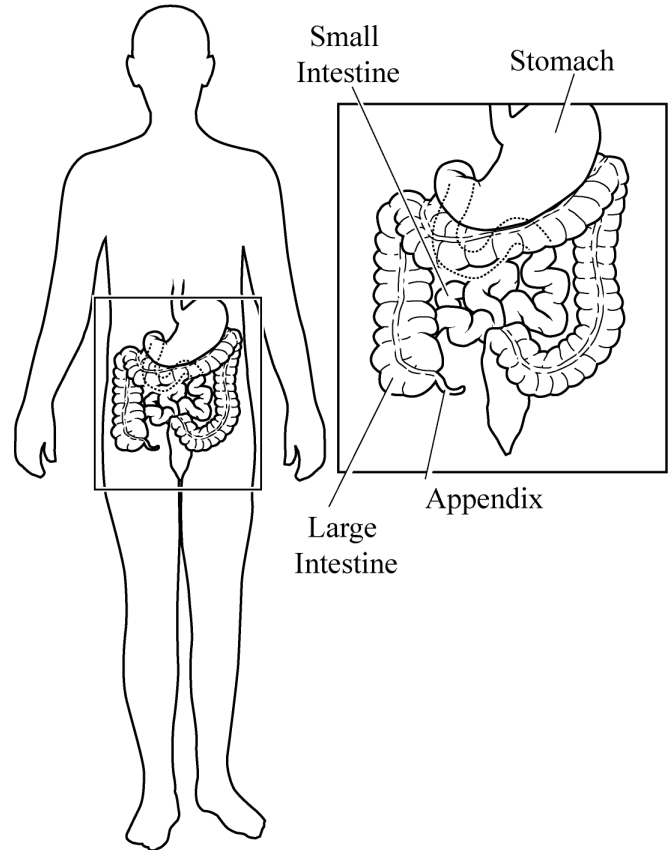


Appendectomy for a Child

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.

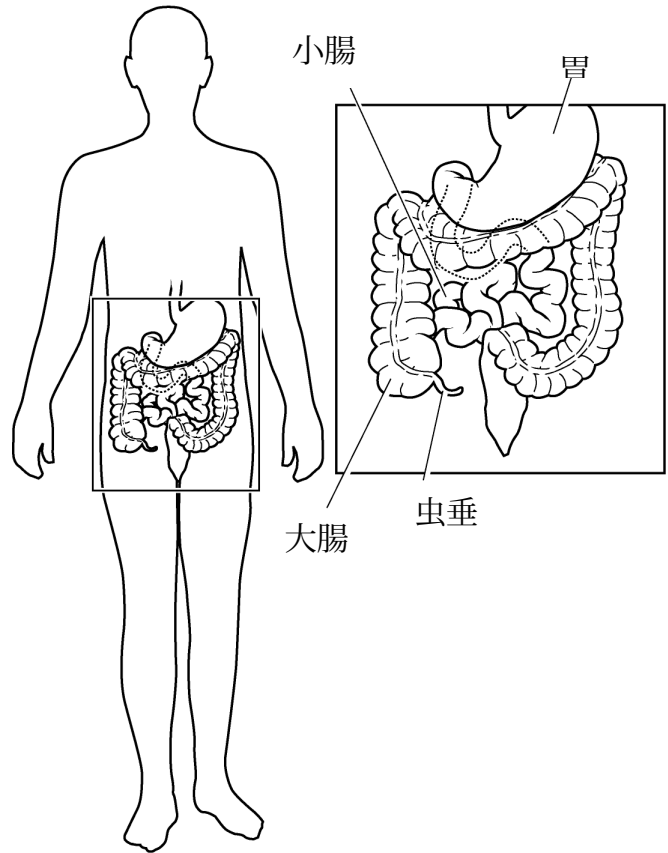


There are two ways to do this surgery:

- **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.

子どもの虫垂炎

盲腸炎手術では、虫垂が切除されます。虫垂とは、大腸から垂れた小さな袋です。虫垂は閉塞することで感染し、腫れることがあります。虫垂が感染を起こすと、右下腹部痛、発熱、食欲減退、吐き気、嘔吐などが症状として現れます。虫垂が破裂すると重傷にいたる恐れがあります。



この手術には次の2つの方法があります。

- **開腹虫垂切除** –

腹部に切開口を一つ作るやり方です。医師はこの大きな切開口から虫垂を取り出します。

- **腹腔鏡下虫垂切除** – 腹部に切開口を3~4箇所作るやり

方です。医師はカメラと手術用ツールを切開口に入れて虫垂を切除します。この種の手術では子どもの場合は回復が早く、痛み、傷、創部の問題、さらに入院期間も少なくて済む場合があります。

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

- 子どもが服用中の薬 (処方薬、市販薬、ビタミン剤、漢方薬を含む) を医師に伝えてください。
- 薬、食物などのアレルギーを起こしたことがある場合は、職員に申し出てください。
- 手術完了まで何も飲ませないでください。

手術中

- 病院のガウンを着用します。
- 腕または脚の血管を通して薬剤および点滴の静脈内投与 (IV) を行います。
- ストレッチャーで手術室まで運ばれます。安全のために脚をベルトで固定する場合があります。
- 手術中に眠れるように薬が投与されます。この薬は点滴からの投与される場合もフェースマスクから投与される場合もあります。
- 下腹部を清潔にし、切開部の衛生を守るために覆いをかけます。
- 下腹部が1回切開されます。腹腔鏡下虫垂切除の場合は3~4箇所を切ります。
- 虫垂が除去されます。
- 切開部は縫合糸、ホッチキス、または絆創膏 (steri-strips) で縫合されます。
- 縫合糸やホッチキスが使用される場合、その上から包帯が当てられます。

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

病院で

- 子どもは手術後に回復室に運ばれ、目が覚めて状態が良好であることが確認できるまで観察されます。
- 呼吸、血圧、および心拍数が何度かチェックされます。
- 主治医からお子様の手術結果について説明を受けます。
- ほとんどの子どもは 24 時間後には退院できます。
- 手術中に投与される薬には睡眠効果があります。自宅に戻っても 24 時間はしっかりと様子を見てあげてください。

自宅で

- 十分な休息をとらせてます。
- 薬は主治医の指示に従って与えてください。
- 主治医に連絡して手術後健診の予約をします。
- シャワーは浴びてもかまいません。手術後 1 週間は入浴させないでください。シャワーを浴びる際、または日に一回は創部に当てた包帯を外します。石鹸と水で創部を丁寧に洗い、軽くたたくようにして乾かします。それぞれの創部に救急絆を当てます。救急絆が湿ってきたり、汚れたら替えてください。
- 絆創膏 (Steri-Strip) の場合は外しません。これは自然にはがれ落ちます。

- 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

- 手術後は便意がなかなかこない場合があります。歩いたり、植物繊維の豊富なシリアル、豆、野菜、および全粒粉パンなどが便通を助けになります。水分を大量に飲ませると効果がある場合があります。
- 手術後の肺感染症を予防するために、深呼吸と咳の練習をする必要がある場合があります。目を覚ましている時は1時間に1回、また夜間に目が覚めたときに深呼吸と咳をさせます。
- 退院後3日間は4.5 kg (10 ポンド) 以上の物を持たせないでください。
- その他の活動制限については、主治医または看護師にご相談ください。腹腔鏡下虫垂切除を受けた場合、1週間ほどで通常の生活に戻ることができます。開腹虫垂切除の場合はもう少しかかる場合があります。

子どもに以下の症状が現れた場合は直ちに主治医に連絡してください。

- 下腹部や肩に痛みが続く、または悪化する
- 発赤、あざ、または腫れが悪化する
- 熱が摂氏 38 度 (華氏 101 度) を超える
- 寒気や咳がある、または脱力感と痛みを訴える
- 嘔吐
- 皮膚のかゆみ、腫れ、新たな発疹
- 便意がなかなかこない、または頻繁に下痢をする

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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以下の症状が出た場合は、**直ちに** 911 に緊急連絡をしてください。

- 切開部が切れた場合
- 切開部が新しく出血した場合
- 突然の呼吸困難に陥った場合
- 胸痛を訴える場合

質問や不明な事項については、主治医または看護師にご相談ください。

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Appendectomy for a Child. Japanese