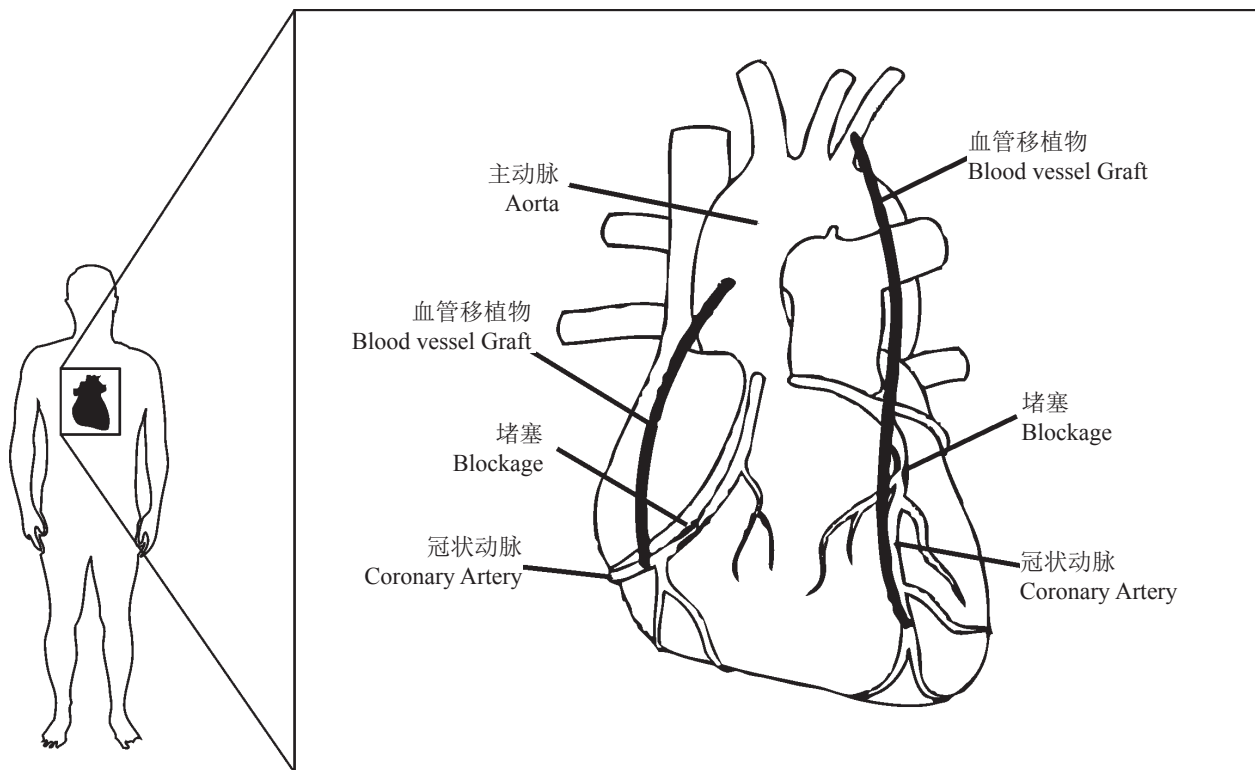


冠状动脉搭桥术

Coronary Artery Bypass Surgery

Coronary artery bypass surgery is also called bypass surgery or open heart surgery. It is done to allow blood to flow around blocked blood vessels in the heart. Coronary arteries are the blood vessels that supply the heart muscle with oxygen and nutrients. During bypass surgery, a piece of a blood vessel from the leg, arm or chest, called a graft, is removed and attached to the aorta and around the blocked blood vessel of the heart. The blocked blood vessel remains, but blood is carried around it in the new blood vessel. If there are several blocked vessels, you may have more than one bypass done.

冠状动脉搭桥术也称为旁路移植术或心脏直视手术。该手术旨在使血流绕过阻塞的心脏血管。冠状动脉是专为心肌提供氧和营养物的血管。在搭桥术过程中，一小段血管（称为移植体）会被从病人的腿、臂或胸部取下，并被连接到主动脉及绕过阻塞的心脏血管。阻塞的血管将保留，但血流将从该血管旁边绕行，在新建血管中流过。如果有多条阻塞的血管，可能会建立多个旁路血流通道。



The surgery takes 4 to 6 hours. After surgery, you will be in the recovery room for at least 2 hours before your family can see you. You will stay in the hospital 4 to 6 days.

该手术用时 4 至 6 小时。术后您将被送入手术后恢复病房留观至少 2 小时，然后才允许家属探视。您将需要住院 4 至 6 天。

To Prepare at Home

- Tests may be done before your surgery such as a chest x-ray, electrocardiogram (ECG or EKG) and blood tests.
- Stop smoking for at least 48 hours before surgery.
- You will be taught how to deep breathe and cough. Practice this before your surgery.
- Do not eat or drink anything, including water, after midnight before your surgery.
- You may be told to take a shower with a special soap called chlorhexidine gluconate (CHG) before your surgery. This soap may be given to you, or you will need to buy a 4-ounce bottle or larger of 4% CHG soap at a drug store. A common brand name for this soap is Hibiclens. There may be a store brand that costs less. Ask the pharmacist where to find it in the drug store. It is often with first aid supplies. You need to shower with CHG soap:

- The day before your surgery
- The morning of your surgery

Follow the instructions from your doctor or nurse on how to use CHG soap or ask for the handout, "Getting Your Skin Ready for Surgery."

Before Surgery

- You will wear a hospital gown.
- You are given medicine to help you relax.
- An IV (intravenous) is put in a vein in your arm.

During Surgery

- You will be given medicine to put you to sleep.
- A breathing tube is put into your mouth. This tube is attached to a machine that will breathe for you during surgery.

术前家中准备

- 术前可能会进行胸部 X 线检查、心电图 (ECG 或 EKG) 及血液化验等检查。
- 术前至少 48 小时内停止吸烟。
- 医生会教您如何做深呼吸和咳嗽等动作。请在术前练习这些动作。
- 术前晚上 12 时后禁饮食 (也不能进水)。
- 医生会告知您在术前用名为葡萄糖酸洗必泰 (CHG) 的特殊皂液洗淋浴。可能会给您提供此皂液, 或者您将需要自己到药房购买一瓶容量为 4 盎司或以上的 4% CHG 皂液。此皂液的通用品牌是 Hibiclens。也可能有价格更便宜的非品牌产品。请咨询药房的药剂师以找到所需。该品经常与急救用品一起摆放。您需要在以下时间用 CHG 皂液洗淋浴:

- 手术前一天
- 手术当天早晨

使用 CHG 皂液时请遵循医生或护士的指示, 或者也可参阅说明材料 "术前皮肤清洁"。

术前准备

- 您将需要穿上病人衣服。
- 医生会给您用药, 以帮助您放松。
- 在您手臂的静脉内插入一根静脉导管。

术中事宜

- 医生会给您用药以使您入睡。
- 将在您的口腔内插入一根呼吸管。此管与一台用于帮助您在术中维持呼吸的机器相连。

- The doctor makes an incision in the middle of your chest. Your breastbone is cut and your ribs are spread open to see your heart.
- A machine pumps blood to your body during surgery.
- A blood vessel from your leg, arm or chest, called a graft, is removed. One end of the graft is stitched to the blood vessel above the blockage. The other end is stitched to the blood vessel below the blockage.
- Your breastbone is then wired back together. Incisions are closed with stitches and staples.

After Surgery

You are taken to an intensive care unit (ICU) for 12 to 24 hours where you will have:

- A breathing tube for a few hours
- Tubes in your chest to drain fluid from around your heart
- A catheter in your bladder to drain urine
- IVs to give you fluids and medicines

These tubes will be removed 1 to 2 days after surgery. The nursing staff will check you often.

You are then moved to a hospital room. You may have oxygen and a heart monitor for a few days. It is important to take deep breaths and cough every hour when you are awake. The staff will help you get up and walk at first. You will be taught how to care for yourself at home.

Your Care at Home

- It often takes 4 to 6 weeks to feel better.
- You may have aches and pains that affect your appetite, sleep and activities.
- Rest between activities.

- 医生会在您的胸部中间位置做一个切口，将胸骨切开并把肋骨分开，以便看到心脏。
- 术中有台机器会向体内泵血液。
- 将从您的腿、臂或胸部取下一小段血管（称为移植物）。把该移植物的一端缝到阻塞部位上方的血管。而将另一端缝到阻塞部位下方的血管。
- 然后将胸骨缝合为一体。并用缝线和缝皮钉将切口缝合。

术后事宜

您会被送入重症监护病房 (ICU) 留观 12 至 24 小时，其间您将接受以下医护：

- 插入呼吸管并保留数小时
- 胸腔内插管以引流心脏周边液体
- 在膀胱内插入导尿管以引流尿液
- 留置静脉导管以输注液体和药物

这些导管将在术后 1 至 2 天取出。护理人员会经常检查您的状况。

此后您将被转入普通病房。您可能需要吸氧及使用心脏监护仪数天。在您清醒后，应该每小时做几次深呼吸和咳嗽动作，这一点很重要。当您刚开始起床及下床走路时，医护人员会给予帮助。他们会教您如何在家中照顾自己。

家中护理

- 通常在 4 至 6 周后会感到好转。
- 可能会因出现疼痛而影响食欲、睡眠和活动。
- 在活动中间休息一会。

- It is common to feel sad or be depressed. This should slowly get better over the next few weeks. Talk to your doctor if you feel worse or it lasts longer than 2 weeks.
- Do not drive or return to work until your doctor says it is safe.
- To help your breastbone heal during the first 6 weeks after surgery:
 - Do not lift more than 10 pounds or 4.5 kilograms. A gallon of milk weighs about 8 pounds.
 - Do not let people push or pull on your arms when they are helping you move.
 - Do not reach backwards or above your head.
 - Keep your arms close to your sides when getting in and out of a bed or chair.
 - Avoid any activity where you feel your breastbone pull.
 - Do not do strenuous activities such as vacuuming or gardening until your doctor says it is safe.
 - You may bend forward to do things such as tying your shoes.
 - You can do light household activities such as cooking or dusting.
- 感到忧愁或抑郁是正常的。这种情况会在几周后慢慢地好转。如果感到病情加重或是这种情况持续 2 周以上，请立即告知医生。
- 医生认为是安全的时候才能驾车或重返工作岗位。
- 在术后前 6 周内，为帮助胸骨愈合，请注意：
 - 不要抬举重量超过 10 磅（4.5 千克）的物体。一加仑牛奶的重量约为 8 磅。
 - 当他人帮助您移动时，不要让他们推或拉您的手臂。
 - 不要将手臂伸到后背或头部上方。
 - 当上床或坐到椅子上或是离开床或椅子时，请将手臂靠近身体两侧。
 - 当感觉胸骨受牵拉时，应避免进行任何活动。
 - 医生认为是安全的时候才能进行诸如吸尘或园艺等费力的活动。
 - 可以让身体向前弯曲，来做系鞋带等动作。
 - 可以做轻度家务活，例如烹饪或扫除灰尘。

Call your doctor right away if you have:

- Swelling or opening of your incisions
- Increase in drainage
- Fever or chills

如果您出现下列情况，请立即给医生打电话：

- 切口肿胀或开裂
- 引流物增多
- 发热或发冷

To Help Prevent Blockage:

- Quit smoking.
- Eat a healthy diet.
- Exercise each day.
- Take your medicines as ordered.
- Get treatment for diabetes, high blood pressure or high cholesterol.

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

预防心脏血管阻塞须知:

- 戒烟。
- 健康饮食。
- 每天做运动。
- 遵医嘱用药。
- 接受对糖尿病、高血压和高胆固醇血症的治疗。

如有任何疑问或担心，请告知医生或护士。