

Gall Bladder Removal Surgery

Surgery to remove your gall bladder is called **cholecystectomy**. The gall bladder is an organ on the right side of your upper abdomen. The gall bladder may need to be removed when there are stones in it or in the duct leading from the gall bladder. The stones may cause swelling or infection.

There are two ways to do this surgery. Ask your doctor which way your surgery will be done.

- **Laparoscopic gall bladder removal surgery**

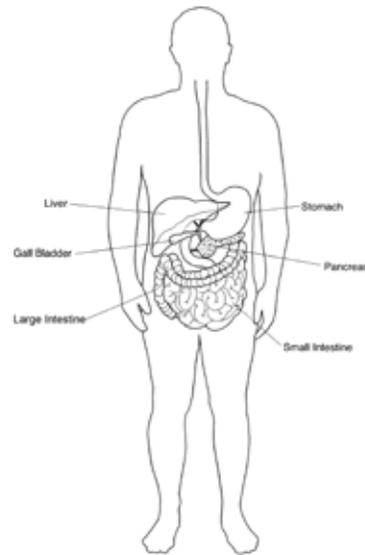
Three or four small incisions are made in the abdomen. The doctor uses a camera and tools through the incisions to remove the gall bladder. With this type of surgery, you may recover faster, have less pain, less scarring and fewer wound problems. Often you will go home within 24 hours after surgery.

- **Open gall bladder removal surgery**

A larger incision is made below the ribs on the right side of the abdomen. The doctor works through this incision to remove the gall bladder. You may stay in the hospital for up to 3 days after surgery.

To Prepare

- Tell your doctor all the medicines you are taking. Be sure to include any prescription or over the counter medicines, vitamins and herbs.
- You may be told **not to take any aspirin or ibuprofen** a few days before your surgery.
- Ask your doctor if you are to take any of your medicines the morning of your surgery. If so, take with small sips of water only.
- Do not eat or drink anything, including water, after midnight the night before your surgery.
- If you have any allergies to medicines, foods or other things, tell the staff before your surgery.



膽囊摘除手術

摘除膽囊的手術稱為**膽囊切除術 (cholecystectomy)**。膽囊是位於腹部右側的一個器官。如果膽囊內部或膽管內有結石，則可能需要摘除膽囊。結石可能導致腫脹或感染。

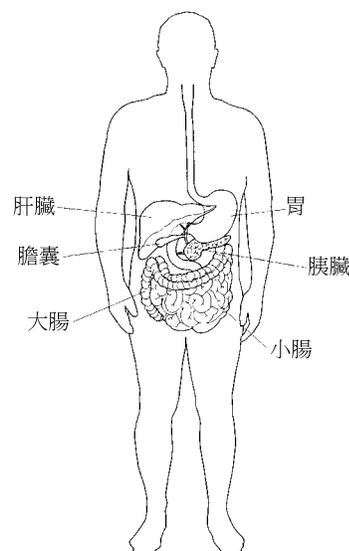
膽囊切除術有兩種方式。請問醫生何種方式最佳。

- **腹腔鏡膽囊摘除手術**

在腹部開3 或4個很小的切口。醫生使用攝影頭和工具，透過這些小切口摘除膽囊。採用這種手術可以加快康復、減少疼痛和疤痕，並且傷口的問題也較少。通常在手術後24 小時內即可回家。

- **開腹膽囊摘除手術**

在腹部右側肋下開一個較大的切口。醫生透過這個切口摘除膽囊。手術後，可能需要住院最多達三天。



準備工作

- 告訴醫生正在服用的所有藥物。務必要包括任何處方藥物、非處方藥物、維生素和草藥。
- 可能會要求您在手術前數天**禁服阿斯匹靈或布洛芬**。
- 向醫生瞭解手術當天上午是否須服用任何藥物。如果需要，服藥時須僅用少量水送服。
- 手術前一天，午夜後不要吃東西或喝飲料（包括水）。
- 如果對藥物、食物或其他物品過敏，手術前須向醫護人員說明。

During Surgery

- You will wear a hospital gown.
- An IV (intravenous) tube or catheter is put into a vein in your arm for giving medicine and fluids.
- You are taken on a cart to the surgery room. You are helped onto the surgery table. A belt may be put over your legs for your safety.
- You will be given medicine so you will sleep through the surgery. The medicine is given through the IV or by using a face mask.
- Your abdomen is cleaned and sheets are put over you to keep the area clean.
- The incision(s) are made.
- Your gall bladder is removed.
- The incision(s) are closed with stitches, staples or special tapes called steri-strips.
- A bandage is put over the stitches or staples.

After Surgery

In the Hospital

- You are taken to the recovery room where you are watched closely until you wake up and are doing well.
- Your breathing, blood pressure and pulse are checked often.
- Your doctor will talk to you about your surgery.
- If you are going home the day of surgery, the medicines given during the surgery will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- If you have the large incision, you will be taken to your hospital room. You may have a drain in place near your incision. This will be checked and emptied by the nursing staff. Often the drain is removed before you leave the hospital.

手術程式

- 會讓您換上醫院的袍子。
- 在手臂上插入靜脈導管，來注射藥物和輸液點滴。
- 躺手推車上被推進入手術室。由人把您扶上手術臺。為安全起見，可能用帶子固定您的腿。
- 會給您麻醉，讓您在手術過程中處於睡眠狀態。麻醉藥透過靜脈注射或面罩給藥。
- 清潔腹部，並用布蓋在身上，以保持手術部位清潔。
- 切口。
- 摘除膽囊。
- 用縫合線、縫合器或特殊膠條（免縫膠條）封閉切口。
- 用繃帶包紮縫合處或縫合器。

手術後

住院期間

- 您會被送到恢復室以接受密切觀察，直至甦醒並且狀況良好。
- 會經常查看您的呼吸、血壓和脈搏。
- 醫生會告訴您手術情況。
- 如果在手術當天回家，手術過程中用的藥物可能會讓您昏昏欲睡。為了安全，需要有家人或朋友送您回家。
- 如果刀口很大，會送您去病房。可能會在刀口旁放置排液管。護理人員會檢查和清理該管。出院前通常會將其取出。

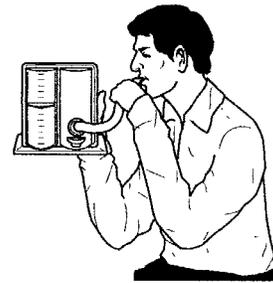
At Home

- Rest. Increase your activity each day.
- Take your medicines as directed by your doctor.
- Call your doctor to schedule a follow-up visit.
- **You can take a shower 2 days after your surgery. Do not** take a tub bath for one week after your surgery.
- If you have a bandage over your incision, it will be removed after the second day. You do not need to replace the bandage unless you were told to do so by your doctor or nurse. The nurse will teach you to change the bandage if needed. **If you have steri-strips** over your incision, leave them alone. They should fall off on their own in 7 to 10 days.
- Neck or shoulder pain after the laparoscopic surgery is common from the air that was put into your abdomen during surgery. Rest and use heat on your shoulder to ease the pain. Raise your head and shoulders up on several pillows.
- It may be hard for you to have a bowel movement after surgery. Walking and eating high fiber cereals, beans, vegetables and whole grain breads will help. Drinking prune juice may also help.

- You may be taught to do deep breathing and coughing exercises to keep you from getting a lung infection after surgery. Deep breathe and cough every hour while you are awake and if you wake up during the night. Use a pillow or folded blanket over your incision for support when you deep breathe and cough.



Coughing



Incentive spirometer

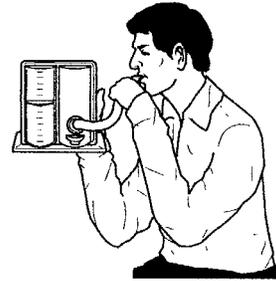
- **Do not** lift objects over _____ pounds for _____ days.
- **Do not** drive until your doctor tells you that you can. Be sure you are no longer taking prescription pain medicine when you start driving.
- Talk to your doctor or nurse about other activity limits, such as returning to work or walking up stairs.

在家中

- 休息。每天逐漸增加活動量。
- 遵醫囑服藥。
- 致電醫生以安排復診。
- **手術2天後可洗淋浴**。手術後一週內**切勿**盆浴。
- 如果刀口上有繃帶，手術後次日將拆除繃帶。除非醫生或護士有指示，否則不需要換繃帶。如果有必要，護士會教您如何換。如果在刀口處**使用免縫膠條**，不要動該膠條。免縫膠條應在7至10日內自行脫落。
- 腹腔鏡手術後如果出現頸部或肩膀疼痛是正常的，原因是手術中向腹內注入了氣體。多休息、熱敷肩部可以緩解疼痛。用數個枕頭墊高頭部和肩膀。
- 手術後，您可能大便會困難。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的問題。此外，喝梅汁也可緩解這一問題。
- 為防止手術後發生肺部感染，您可能需要做深呼吸和咳嗽練習。不睡覺時，每小時做一次深呼吸和咳嗽，夜晚醒來時也要做。深呼吸和咳嗽時，用枕頭或毯子折起來蓋在手術刀口上作為依托。
- 手術後____ 天內，**切勿**提舉超過____ 磅的重物。
- 獲得醫生允許前，**切勿**駕車。開始駕車後，切勿服用止痛的處方藥物。
- 詢問醫生或護士是否應限制其他活動，例如恢復上班或上下樓梯。



咳嗽



激勵式肺活量計

Call your doctor right away if you have:

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

Call 911 right away if:

- Your incisions come apart or you start bleeding.
- You have trouble breathing all of a sudden.
- You have chest pain.

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

如果出現以下情況，立即致電醫生：

- 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)
- 嘔吐
- 畏寒、咳嗽或感到虛弱和頭痛
- 皮膚搔癢、腫脹或出現皮疹
- 大便困難或經常腹瀉

如果有以下情況，請立即致電911：

- 刀口迸裂或出血。
- 突然呼吸困難。
- 胸痛。

如果有任何疑問或擔心，請諮詢醫生或護士。

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Gall Bladder Removal Surgery. Traditional Chinese.