

Your Hospital Care after Surgery

After your surgery, you will wake up in the Recovery Room. The nurse will check you often and give you pain medicine. When you are awake, you will be taken to your hospital room.

First Hours after Surgery

- Your family will be able to visit you when you are in your room.
- Your temperature, blood pressure, pulse and breathing rate will be checked often by the nursing staff. You may also have a clip on your finger that checks the amount of oxygen in your blood.
- Your nurse will check your dressing and the drainage from your incision.
- If you are not comfortable, let your nurse know.
- Tell your nurse right away if your incision swells or bleeds, or if you feel pain, numbness or tingling in your leg or arm.
- You may have oxygen and a heart monitor in place for a few hours.
- You may have a tube to drain urine from your bladder or other tubes to drain fluids. These tubes are most often removed before you go home. If the tubes are to be left in when you go home, you will be taught how to care for them.
- An EKG, chest x-ray or blood tests may be done.
- Your doctor will talk to you about your surgery.

IV (Intravenous) Fluids and Antibiotics

- You will receive fluids through an IV tube into your veins for a short time. The IV will stay in place until you are able to drink fluids well after your surgery. If you are getting medicine through the IV, you might have it in place for a longer time.
- You may receive antibiotics to prevent you from getting an infection.

手術後の入院加療

手術後は回復室で目覚めます。看護師が度々チェックに訪れ、痛み止めを処方します。意識が戻ると病室へ運ばれます。

手術後数時間

- 病室に戻ると家族に面会できます。
- 看護師が、度々、体温、血圧、脈拍、呼吸数をチェックします。血中の酸素濃度を測定するためのクリップが指先にはさんである場合があります。
- 看護師が切開部の包帯と膿をチェックします。
- 気分がすぐれないときは、看護師に知らせてください。
- 切開部が腫れたり、出血した場合、または脚あるいは腕に痛み、痺れ、ひりひりする痛みを感じた場合、直ちに看護師に知らせてください。
- 酸素・心臓モニターを数時間にわたって装着する場合があります。
- 膀胱から尿を出すための管や体液を排出するための管を装着する場合があります。ほとんどの場合、これらの管は退院前にはずされます。退院時にこれらの管を装着しなければならない場合は、取り扱いについて指導があります。
- EKG、胸部X線または血液検査が行われる場合があります。
- 手術の結果について主治医から説明があります。

液体や抗生物質の点滴 (IV)

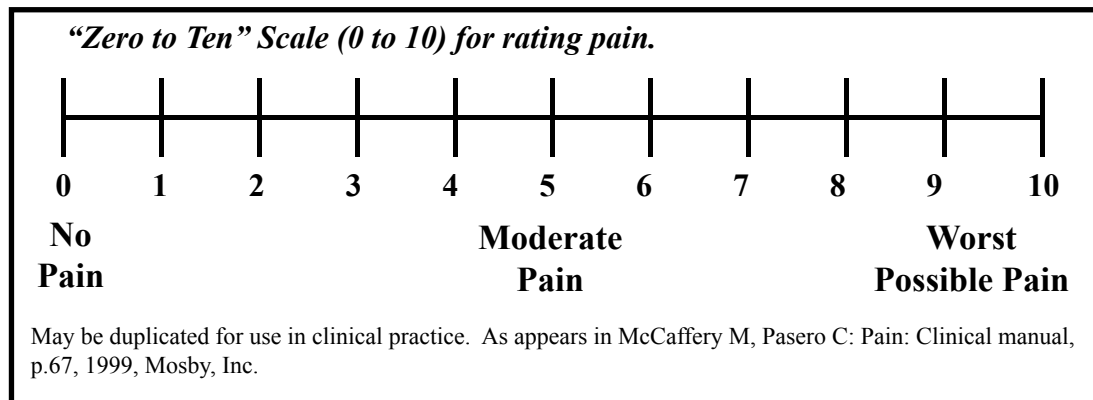
- 短時間の間、点滴の管から水分を補給します。点滴は手術後に液体をめるようになるまで装着します。点滴で薬を投与している場合は、さらに長時間にわたって点滴が行われることもあります。
- 感染症を予防するために抗生物質が投与されることもあります。

Incision

- Your incision will be covered with a dressing. Your doctors and nurses will check your dressing and change it as needed. As the incision begins to heal, the dressing will get smaller.
- Your incision will be closed with sutures, staples or special tapes called steri-strips. These will be removed in 7 to 14 days on a follow-up visit to your doctor.
- Your nurse will teach you how to care for your incision.

Pain Control

- We will try to keep you comfortable. The nurse will ask you about your level of pain on a 0 to 10 scale, with 0 being no pain and 10 being the worst pain.

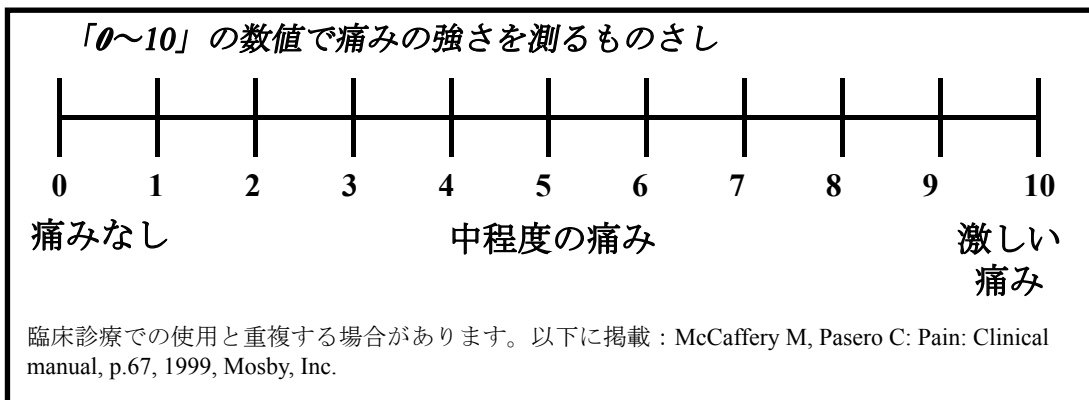


切開部

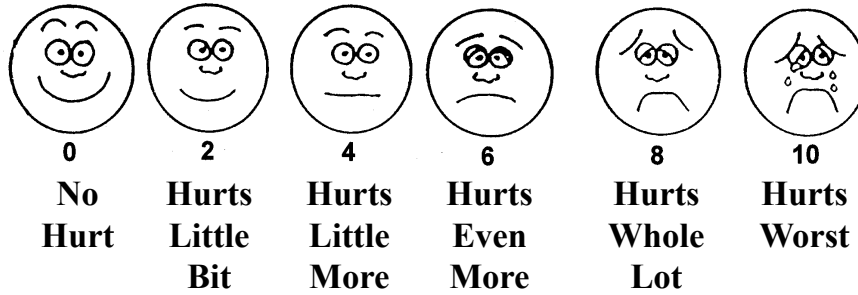
- 切開部は包帯で覆われます。医師と看護師が包帯をチェックし、必要があれば交換します。切開部が治るにつれて、包帯は小さくなります。
- 切開創部は縫合糸、ホッチキス、または絆創膏(steri-strips)で縫合されます。これらは7～14日後の手術後検診で医師によって除去されます。
- 看護師が傷口のケアの方法を教えてください。

痛みのコントロール

- 不快感が少なくなるように努めましょう。看護師が0～10の痛みのレベルについて尋ねます。痛みのない状態が0で最も痛みが強い状態が10です。



Wong-Baker *FACES* Pain Rating Scale

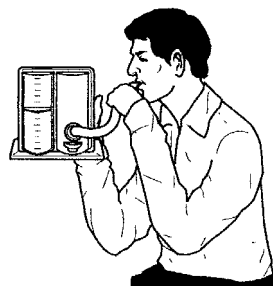


From Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahmann, E., DiVito-Thomas, P.A. Whaley and Wong's Nursing Care of Infants and Children, ed. 6, St. Louis, 1999, p. 2040. Copyrighted by Mosby, Inc. Reprinted by permission.

- You can expect to have some pain at your incision site for several days after your surgery. You also may have some soreness in other parts of your body because of the way you were positioned during surgery.
- Your doctor will order pain medicine for you. Be sure to **let your nurse know when you have pain or need your medicine**. Ask for pain medicine before your pain gets too bad. If your pain is not managed, your recovery will take longer. It often helps to take pain medicine before activity or before the pain gets too bad. If your pain gets worse or is not controlled with medicine, tell your nurse.

Activity

- **Do not** get up out of bed without help. Staff will tell you when it is safe to get up on your own.
- You will be helped to sit up on the side of your bed at first. Your activity will be increased to sitting up in a chair, then walking in the room, and then walking in the hallway. Each day the amount of time you are out of bed and the distance you walk should increase.
- Exercise your lungs by using an incentive spirometer to prevent problems after surgery. Coughing and deep breathing also help keep your lungs clear. Use a pillow or folded blanket across your abdomen or chest to protect any incisions there when you cough. It will let you cough better and help reduce pain. Do these exercises every 1 to 2 hours while you are awake.

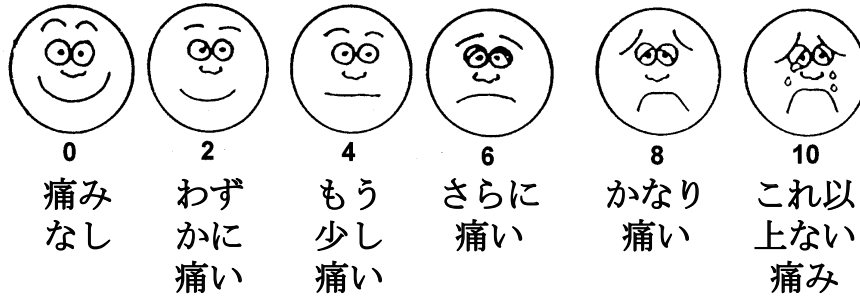


Incentive spirometer



Coughing

Wong-Baker 痛みの表情評価スケール

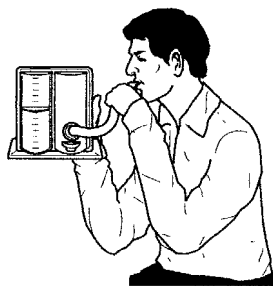


出典：Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahmann, E., DiVito-Thomas, P.A. Whaley and Wong's Nursing Care of Infants and Children, ed. 6, St. Louis, 1999, p. 2040. Copyrighted by Mosby, Inc. 複写承諾を取得済み。

- 手術後数日間には切開部に痛みがあるでしょう。体の他の部位に痛みを感じることもあります。これは手術中の姿勢によるものです。
- 医師が痛み止めを処方します。**痛みを感じて薬が必要な場合は看護師に知らせてください。**痛みが激しくなる前に痛み止めを依頼してください。痛みを抑えないと、回復により時間がかかります。鎮痛剤は体を動かす前や痛みがひどくなる前に服用すると効果的な場合が多くあります。痛みがひどくなったり、薬では抑えられない場合、主治医に相談してください。

活動

- 介助なしにベッドから**起き上がらないでください。**人で起き上がっても大丈夫な状態になったら、職員がそのことを伝えます。
- 最初は介助を受けてベッドの端に座ります。次にいすに座り、病室内を歩行し、廊下を歩きます。ベッドから出ている時間と歩く距離は日々増やしていきます。
- 手術後のトラブルを避けるために呼吸訓練器で肺をきたえましょう。咳や深呼吸も肺をすっきりさせるのに役立ちます。咳をするとき、枕か毛布を折りたたんで腹部や胸に当てると切開部に負担がかかりません。これで咳がしやすくなり、痛みもやわらぎます。この運動を目覚めているときに1~2時間おきに行ってください。



呼吸訓練器



咳をするとき

Blood Clots

To help prevent the risk of blood clots:

- The staff will help you get out of bed and walk.
- The staff will show you how to do an exercise called ankle pumps to help move the blood in your legs. Do ankle pumps every hour while you are awake.
- You may have special stockings on your legs. Sometimes plastic wraps that connect to an air pump are used while you are in bed. They squeeze and relax around your legs to help your blood flow.
- You may be given injections of medicine in the abdomen to thin your blood.



Ankle pumps

Diet and Bowel Activity

- You may be given ice chips at first. If you do not have nausea, you will be given clear liquids then light foods. It may be a day or two after surgery before you get regular food.
- Tell the nurse if you have nausea.
- Surgery and pain medicine may cause constipation. The nurses will ask about your bowel activity. Stool softeners and laxatives may be given.

Getting Ready to Go Home

- Staff will teach you about your care at home and give you written instructions.
- Family and friends are encouraged to learn about your care so they can help you at home as needed. Someone should stay with you for 24 hours to 2 weeks after surgery based on the type of surgery you had.
- If you have no one that can stay with you, tell your doctor's office before your surgery so that you can discuss options for your care after surgery. Some patients may need a short stay in a rehab facility after leaving the hospital.

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血栓

以下の注意を守ることで血栓のリスクを減らすことができます:

- 起床や歩行は職員が介助します。
- 脚の血流を促すアンクルポンプと呼ばれる運動の方法を職員が指導します。目が覚めている間は数時間おきにアンクルポンプを行ってください。
- 足に特殊ストッキングを着用する場合があります。ベッドで横になっているときにはエアポンプを接続したプラスチック製ラップが使用される場合があります。この機器は、脚の周りを圧迫したり緩めたりして血流を促します。
- 血液をさらさらにする薬の注射を行うこともあります。



アンクルポンプ

食事と便通

- 最初は氷のかけらを与えられます。吐き気をもよおさなければ、透明な液体を与えられ、軽い食物へと進みます。通常の食事をとれるようになるまで手術後1～2日かかることもあります。
- 吐き気がある場合は看護師に伝えてください。
- 手術や痛み止めは便秘の原因になります。看護師が便通について尋ねます。軟便剤と便秘薬が処方されることもあります。

退院のための準備

- 職員があなたの治療について指導し、指示が書かれた紙をわたします。
- 必要に応じて自宅で介助できるように家族や友人もケアについて学ぶよう勧められます。手術の種類によって手術後24時間～2週間は付き添いの方がが必要です。
- 付き添える人がいないときは、手術前に医師に相談してください。手術後の対策について話し合われます。一部の患者は退院後リハビリ施設でのショートステイが必要なこともあります。

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Your Hospital Care after Surgery. Japanese