



在您的神经外科 介入手术后

住院护理和在家的自我护理

本讲义解释了手术后的护理，包括家中的自我护理和何时该致电给医生。

手术时，一个细长的塑料管（导管）会插入您腹股沟（股动脉入口）或您的手腕（桡动脉入口）。您的外科医生已经决定了哪个入口对您是最安全的。



您的外科医生将使用超声波来帮助放置导管。

术后护理

手术后的护理取决于使用了哪个入口点。

腹股沟入口

住院护理

为了防止手术部位出血，您必须平躺4至6小时。在此期间，护士将：

- 密切监控您
- 倾斜您的床以便您就餐
- 帮助您更换位置，以获得更好的舒适度
- 检查您的生命体征和意识水平
- 每小时检查一次穿刺部位

在家自我护理

- 在48小时内，请勿泡澡、游泳或浸泡穿刺部位。
- 术后 7天：
 - 请勿举起超过10磅的任何东西（一加仑牛奶的重量几乎为9磅）。
 - 请勿进行任何深度弯膝动作。

- 排便时不要用力。
- 避免便秘。多喝水，多吃新鲜水果和绿叶蔬菜。如有需要，请使用软便剂。

桡动脉（手腕）入口

住院护理

- 护士将密切监测您的穿刺部位、生命体征和您的意识水平。
- 您的手腕处将被系上一条紧绷带2小时，以防止穿刺部位出血。
- 如果需要，护士可以将您的手腕放在手臂板上，以防止手腕弯曲。

在家自我护理

- 在48小时内，请勿泡澡、游泳或浸泡穿刺部位。
- 术后 **6小时内**，限制患臂的腕部动作。
- 术后 **7天**：
 - 保持手腕伸直
 - 避免举起超过1磅的任何东西（一罐15盎司的豆子重约1磅）
- 术后 **2天内**，避免使用手术过的手臂。

家中的恢复

我们关心您的健康。术后第二天，护士会给您打电话，询问您的情况并回答您的问题。

为了您的安全

您在手术中服用的药物可能会影响您的判断和反应时间。术后 **24小时内**，请勿：

- 喝酒
- 驾驶或使用机械
- 签署法律文件或作出重要决定
- 照顾儿童、宠物或需要照顾的成年人

自理

24小时后，您可以：

- 去除包扎和洗澡
- 恢复您的日常活动
- 多走路以便加快康复速度

疑虑？

您的问题很重要。如果您有任何问题或疑虑，请致电您的医生或其他医护人员。

工作日上午8点至下午4点，请致电海景医院神经外科诊所：206.744.9300，听到录音后按2。

下班后以及周末和节假日，请致电 206.744.9300，我们将为您提供与护士联系的选项。

穿刺部位的护理

- 保持穿刺部位干净和干燥。
- 用温和的肥皂轻轻清洗并拍干。

疼痛控制

对于轻度至中度疼痛，您可以服用如布洛芬（Advil、Motrin）、萘普生（Aleve、Naprosyn）或其他非类固醇抗炎药物（NSAIDS）。按照瓶子上的说明操作。

预期情况

手术后，有以下情况属正常现象：

- 在入口处有瘀伤和压痛感。这应该几天后就会消失。
- 因手术过程中的引导导管的X光射线引起的轻微的短期脱发。你的头发会长回来的。
- 头痛一到两周。

何时致电

如果您有以下情况，请立即拨打 911：

- 伤口部位开始出血。在等待帮助到达时一直按住伤口处。
- 在伤口处有一个迅速变大的肿块。
- 有中风的症状（请参阅下面的“BE FAST”图形）：
 - 虚弱或感觉丧失
 - 谈话、行走或视物困难
 - 突然开始的严重头痛

B	E	F	A	S	T
 <p>平衡感</p>	 <p>视力</p>	 <p>脸部</p>	 <p>肢体</p>	 <p>言语</p>	 <p>时间</p>
平衡问题，头痛，头晕	视力模糊	脸部歪斜	手臂或腿无力	言语不清	立刻拨打911

字母**BE FAST(迅速)**说明中风症状是什么样的，以及如果出现症状该怎么办。

After Your Neurosurgery Interventional Procedure

Care in the hospital and self-care at home

This handout explains care after your procedure, including self-care at home and when to call the doctor.

For your procedure, a long plastic tube (*catheter*) was inserted through an artery in either your groin (*femoral entry*) or your wrist (*radial entry*). Your surgeon has decided which entry point is safest for you.



Your surgeon will use ultrasound to help place the catheter.

Care After Your Procedure

Care after your procedure depends on which entry point was used.

For Groin Entry

Care in the Hospital

To prevent bleeding at the procedure site, you must lie flat on your back for 4 to 6 hours. During this time, the nurses will:

- Monitor you closely
- Tilt your bed so you can eat
- Help you change position for better comfort
- Check your vital signs and level of awareness
- Check your puncture site every hour

Self-care at Home

- For 48 hours, do **not** take a bath, swim, or cover the puncture site in water.
- For **7 days** after your procedure:
 - Do **not** lift anything that weighs more than 10 pounds (a gallon of milk weighs almost 9 pounds).
 - Do **not** do any deep knee bending.

- Do **not** strain when having a bowel movement.
- Avoid constipation. Drink lots of fluids. Eat plenty of fresh fruits and green leafy vegetables. Use a stool softener, if needed.

For Radial (Wrist) Entry

Care in the Hospital

- Nurses will closely monitor your puncture site, vital signs, and your level of awareness.
- You will have a tight band around your wrist for 2 hours to prevent bleeding at the puncture site.
- If needed, nurses may place your wrist on an arm board to keep your wrist from bending.

Self-care at Home

- For 48 hours, do **not** take baths or cover the puncture site in water.
- For **6 hours** after your procedure, limit wrist movement in the affected arm.
- For **2 days** after your procedure:
 - Keep your wrist straight
 - Avoid lifting anything that weighs more than 1 pound (a 15 oz. can of beans weighs about 1 pound)
- For **2 days** after your procedure, avoid using the affected arm.

Recovery At Home

We care about your health. A nurse will call you the day after your procedure to ask how you are doing and answer your questions.

For Your Safety

Medicine you were given for the procedure can affect your judgment and response time. For **24 hours** after your procedure, do **not**:

- Drink alcohol
- Drive or use machinery
- Sign legal papers or make important decisions
- Care for children, pets, or an adult who needs care

Self-care

After 24 hours, you may:

- Remove the dressing and take a shower

Questions?

Your questions are important. Call your doctor or other healthcare provider if you have questions or concerns.

Weekdays 8 a.m. to 4 p.m., call Harborview Neurosurgery Clinic: 206.744.9300 and press 2 when you hear the recording.

After hours and on weekends and holidays, call 206.744.9300 and you will be given options to be connected with a nurse.

- Resume your usual activities
- Walk often to speed your recovery

Puncture Site Care

- Keep the puncture site clean and dry.
- Gently clean with mild soap and pat dry.

Pain Control

For mild to moderate pain, you may take such as ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn), or other *non-steroidal anti-inflammatory drugs* (NSAIDs). Follow instructions on the bottle.

What to Expect

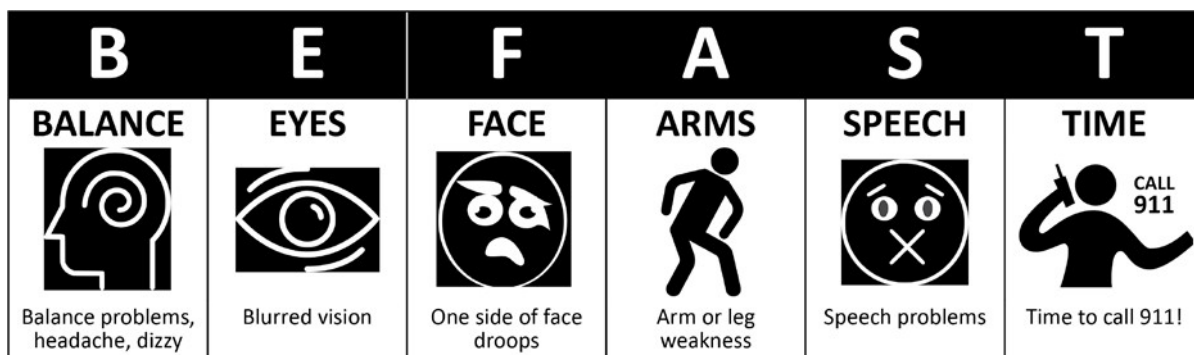
After this procedure, it is normal to have:

- Bruising and tenderness at the entry point. This should go away after a few days.
- Mild, short-term hair loss, caused by the X-rays that were used to guide the catheter during your procedure. Your hair will grow back.
- A dull headache for 1 to 2 weeks.

When to Call

Call 911 **right away** if you:

- Start to bleed at your incision site. Apply constant pressure while you wait for help to arrive.
- Develop a lump at the entry point that is quickly growing.
- Have symptoms of a stroke (see the “BE FAST” graphic below):
 - Weakness or loss of feeling
 - Problems talking, walking, or seeing
 - Severe headache that starts suddenly



The letters **BE FAST** tell what stroke symptoms look like, and what to do if symptoms occur.