



做好手术前的准备

您需要知道的事项

本讲义提供了有关如何准备手术以及术后需要做什么的基本信息。请与护士一起阅读本讲义时，填写空白处并在正确的方框内打勾。

手术前

收集资讯

请参阅下列的两个讲义：

- “手术须知（About Your Surgery Experience）”

“手术前需要避免的药物（Medicines to Avoid Before Surgery）”

可以向您的护士索取这两份讲义。或上网：

<https://healthonline.washington.edu>

获取。

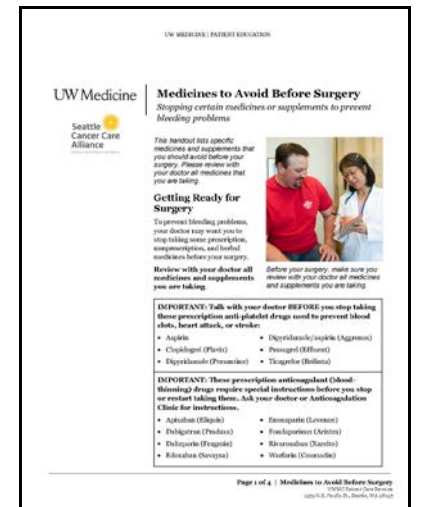
来报到的时间和地点

- 麻醉预科的工作人员会在您手术前一天下午给您打电话，确认您报到的地点，告诉您何时报到，并复习您术前的说明。如您的手术是在星期一，这个电话将在手术前的星期五下午打给您。如您在下午 5 点还没得到这电话，请致电 206.598.6334。

- 报到地点：

外科大楼，_____ 楼

罗斯福路门诊，_____ 楼



药物

在手术前，请告诉您的外科医生您所服用的药物，包括处方药、维生素、中草药，保健品及其他任何不需处方的药物。您可能需要在手术前停止服用某些药物，或降低剂量。

手术前需要停止服用以下的药物：

药名	停止服用	在开始服用
	手术前____天	手术后____天
	手术前____天	手术后____天
	手术前____天	手术后____天
	手术前____天	手术后____天

手术前的饮食

大多数患者的医嘱是在手术的前晚____以后即不可进食或饮水。这包括_____及口香糖。

在手术前，对您可能有特别的饮食规定：

- 透明液体的饮食
- 清肠的饮食

或您必需遵守以下的饮食规则：

- 避免_____及紫色的透明饮料。它们的颜色会染在肠的内膜使外科医生在手术时有困难。
- 避免所有乳制品。包括牛奶、奶油、及奶精粉。
- 不要喝任何含果肉的液体。
- 在手术前_____小时停止吃喝。在手术过程中，您的胃一定要排空，以免出现问题。

其他的注意事项

- 手术前_____天、请勿剃体毛。
- 在手术的前晚及当天的清晨；请使用 CHG 消毒皂洗澡、由颈下洗到脚。
- 手术前晚请换上清洁的床单。
- 如您需要服用处方药，请仅以小口的水送服。

手术的当天

- 将_____留在家里。
- 携带:
 - 支付处方药的现金或信用卡
 - 健保卡
 - 其他: _____
- 如是门诊手术，则必须有一位负责任的成年人开车送您回家。您不能自己开车，坐公车或乘出租车回家。
- 如由于个人原因或由于发烧、咳嗽而必须更改或取消手术，请致电 206.598.4477 联系外科专科。

手术后

敷料及洗澡

- 手术后_____天可以洗澡。
- 淋浴时保持敷料（贴胶布）干燥。
- _____小时后取下敷料。
- 请勿撕下白色胶带（Steri-Strips）。您可以修剪任何剥脱的边缘。淋浴时可以不覆盖 Steri-Strip 胶带。大约 1 周内胶体会自行脱落。

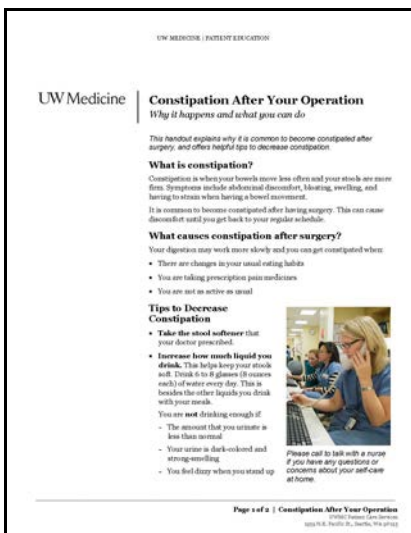
食物

- 请参阅“手术后的便秘”讲义。可以向护士索取或上网查询：<https://healthonline.washington.edu>。

确认每天吃足量的水果、纤维、蛋白质及

疼痛

- 请参阅“疼痛的管理”讲义。可以向护士索取或上网查询：<https://healthonline.washington.edu>。
- 医生会为您开止痛药的处方。



药物

- 如对药物有疑问，请致电外科护士。
- 请在药物服完前 48 小时致电给诊所要求补充药物。

复诊

您的复诊时间是：

日期 _____ 术后 _____ 天
时间 _____

特殊的注意事项

引流袋的护理

- 请参阅“封闭式引流袋的护理”讲义。可以向护士索取或上网查询：<https://healthonline.washington.edu>。
- 护理引流袋需要下列的用品：
 - 2x2 英寸的纱布
 - 酒精棉
 - 胶带
 - 豪公升/立方厘米(cc)计量的量杯
- 如您需要更多流袋的护理用品，可以在当地的药房购买。
- 每天更换敷料 _____ 次。
- 每天要排挤引流袋 _____ 次。
- 请将引流袋在 1/3 满时就排空一次。并将排液量纪录在封闭式引流袋的护理”讲义里。
- 在您下次复诊所时就可把引流袋取出。或, 如所积的流液连续 _____ 24 小时都少于 _____ 毫升 CC，您即可致电护士安排预约来将引流袋取出。

活动

- 切勿推、拉、提超过 5 至 7 磅重物（2 公升的水约 5 磅重）。
- 脚趾接触承重：意指您的脚或脚趾可以触地，但不可承受体重。
- 其他： _____

有紧急情况时与谁联系

如有下列情况请致电下面所提供的任何一个电话号码：

- 伤口周围发红或肿胀
- 体温超过华氏 100°度 (摄氏 38°度)
- 伤口流液增量或颜色有异
- 有其他令您担忧的状况

不同时段联系电话

上班时间周间上午 8 点至下午 5 点.:请致电外科:
206.598.4477.

下班后及周末假期: 请致电 206.598.6190, 接通后请传呼当值的住院医生。

您有疑问吗?

我们很重视您的提问。如有疑问或顾虑、请致电您的医生或医护提供者。

上班时间上午 8 点至下午 5 点.:请致电外科:
206.598.4477.

下班后及周末假期: 请致电
206.598.6190, 接通后请传呼
当值的住院医生。

诊所传真: 206.598.6705



Be Ready for Your Surgery

What you need to know

This handout gives basic information about how to prepare for your surgery and what you will need to do afterward. Please fill in the blanks and check the correct boxes as you and your nurse go over this handout together.

Before Surgery

Gather Information

Read these 2 handouts:

- “About Your Surgery Experience”
- “Medicines to Avoid Before Surgery”

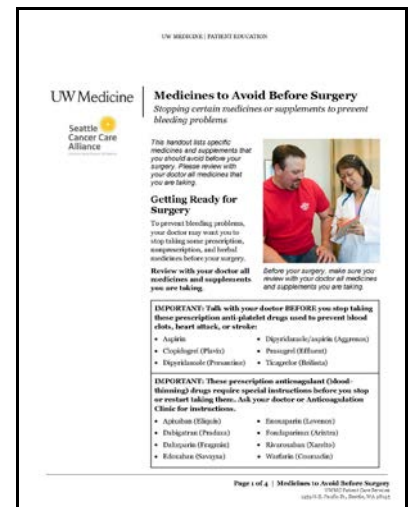
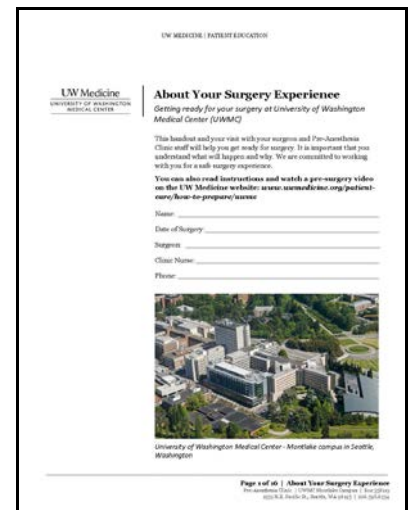
Ask your nurse for copies of these handouts or find them online at <https://healthonline.washington.edu>.

Know Your Arrival Time and Location

- A staff member from the Pre-Anesthesia Clinic will call you the afternoon before your surgery day to confirm your arrival location, tell you when to arrive, and review your pre-surgery instructions. If your surgery is on a Monday, this call will be on the Friday afternoon before.

If you do not receive this call by 3 p.m., call the Pre-Anesthesia Clinic at 206.598.6334.

- Check in at:
 - Surgery Pavilion, _____ floor
 - Roosevelt Clinic, _____ floor



Medicines

Before your surgery, tell your surgeon what medicines you take. This includes prescriptions, vitamins, herbal supplements, and anything else you take without a prescription. You may need to stop taking some medicines, or take lower doses, before your surgery.

These are the medicines to **stop** taking before your surgery:

Medicine Name	STOP Taking It	RESUME Taking It
	_____ days before surgery	_____ days after surgery
	_____ days before surgery	_____ days after surgery
	_____ days before surgery	_____ days after surgery
	_____ days before surgery	_____ days after surgery

Your Diet Before Surgery

Most patients are told not to eat or drink after _____ p.m. the night before surgery. This includes _____ and mints.

Before your surgery, you may be on a special diet:

- Clear liquid diet
- Bowel prep diet

If you are on one of these diets:

- **Avoid _____ and purple clear liquids.** They can stain your bowel. This makes it hard for your surgeon during surgery.
- **Avoid all dairy products.** This includes milk, cream, and powdered creamer.
- Do **not** drink any fluids with pulp.
- **Stop drinking and eating _____ hours before surgery.** Your stomach must be empty during surgery to help avoid problems.

Other Instructions

- Do **not** shave for _____ days before surgery.
- Use CHG soap to wash from your neck to your toes the night before and the morning of your surgery.
- Sleep on clean sheets the night before surgery.

- If you need to take prescribed medicines, take them with **only** a sip of water.

On the Day of Surgery

- Leave _____ at home.
- Bring with you:
 - A form of payment to cover prescription medicines
 - Your insurance card
 - Other: _____
- If you are having day surgery, you must have a responsible adult drive you home. You cannot drive yourself or ride in a bus or take a taxi by yourself.
- If you must change or cancel your surgery for personal reasons or because you have a fever or cough, call Surgical Specialties at 206.598.4477.

After Surgery

Dressings and Bathing

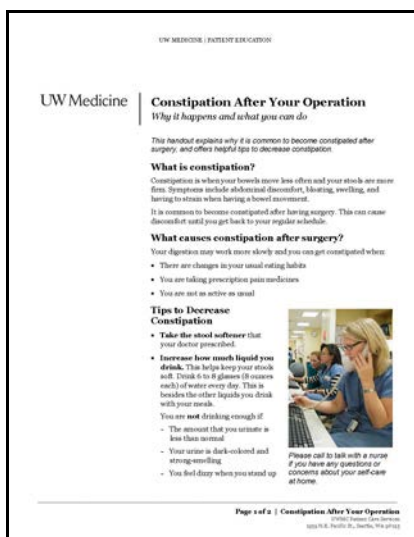
- You may shower _____ days after your surgery.
- Keep your dressings (bandages) dry when you shower.
- Remove your dressings after _____ hours.
- Do not remove the white strips of tape (Steri-Strips). You may trim any loose edges. You may shower without covering the Steri-Strips. The strips will fall off on their own in about 1 week.

Food

- Read the handout “Constipation After Your Operation.” Ask your nurse for a copy or find it online at <https://healthonline.washington.edu>.
- Make sure you are eating enough fruit, fiber, protein, and _____.

Pain

- Read the handout “Pain Management.” Ask your nurse for a copy or find it online at <https://healthonline.washington.edu>.
- You will be given a prescription for pain medicine.



Medicines

- For questions about your medicines, call your surgeon's nurse.
- Call for medicine refills 48 hours before you run out.

Follow-up Visit

Your follow-up visit is:

Date _____ Day _____

Time _____

Special Instructions

For JP Drains

- Read the handout "Closed Bulb Drain Care." Ask your nurse for a copy or find it online at <https://healthonline.washington.edu>.
- You will need these supplies for your JP drain:
 - 2-inch by 2-inch gauze
 - Alcohol wipes
 - Tape
 - Measuring cup that shows amounts in cubic centimeters (cc)
- If you need more supplies for your JP drain, you may buy them at your local drugstore.
- Change the dressing _____ times every day.
- Strip the drain _____ times every day.
- Empty the drain when it is $\frac{1}{3}$ full. Write down how much was in the drain on your "Closed Bulb Drain Care" handout.
- Your drain can be removed at your next clinic visit. Or, you can call the nurse to make an appointment to remove your drain when your output is less than _____ cc for _____ 24-hour periods in a row.

Activity

- Do **not** push, pull, or lift anything that weighs more than 5 to 7 pounds. (A two-liter bottle of water weighs 5 pounds.)
- Toe-touch *weight bearing*: This means your feet or toes can touch the floor, but you cannot put your weight on them.
- Other: _____

When to Call for Urgent Concerns

Call one of the numbers under “Who to Call” below if you have:

- Redness or swelling around an incision
- Fever higher than 100°F (38°C)
- More drainage or a different color drainage
- Any other symptoms that you are concerned about

Who to Call

Weekdays from 8 a.m. to 5 p.m.: Call the Surgical Specialties Clinic at 206.598.4477.

After hours and on weekends and holidays: Call 206.598.6190 and ask to page the Resident on call for your doctor.

Questions?

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

Weekdays from 8 a.m. to 5 p.m., call the Surgical Specialties Clinic at 206.598.4477.

After hours and on weekends and holidays, call 206.598.6190 and ask to page the Resident on call for your doctor.

Clinic fax: 206.598.6705