

腹腔镜胆囊手术

如何准备和期待什么

本手册适用于接受腹腔镜手术切除胆囊的患者。它介绍了会发生什么，如何为手术做准备，以及如何为您的康复做计划。

什么是腹腔镜胆囊手术？

在腹腔镜手术中，会在您的身体上切开 4 个或更多小切口。这种方法比开放性手术留下的疤痕更小。您还会有更快的恢复速度。

在腹腔镜胆囊手术（胆囊切除术）中，您的外科医生将使用特殊工具切除您的胆囊。这些器械将通过您腹部的小切口插入。



您的手术将在华盛顿大学医学中心的手术馆进行。

在手术过程中，您的腹部将充满二氧化碳 (CO₂) 气体。这会使您的皮肤远离器官，以便您的医生可以更好地看到该区域。

如何做准备

- **药物：**手术前 1 周内不要服用阿司匹林或其他影响血液凝固的产品。其中两种是布洛芬 (Advil, Motrin) 和萘普生 (Aleve, Naprosyn)。有关详细信息，请参阅附件。
- **剃毛：**不要剃除您日常剃除外的身体任何部位。如果您通常在手术部位附近剃毛，请在手术前 2 天 (48 小时) 内不要剃。
- **回家：**安排一个负责任的成年人从医院开车送您回家，并在当晚陪伴您。您不能自己开车，也不能独自从医院乘出租车或公共汽车回家。

手术前一天

- **抵达时间：**手术室协调员会在手术前一晚下午 5 点前给您打电话告诉您抵达医院的时间。如果您的手术是在周一，协调员会在前一个周五给您打电话。

如果您在下午 5 点之前没有接到此电话，请拨打 206.598.6541。

- **淋浴：**手术前一晚淋浴。使用护士给您的特殊抗菌肥皂。
 - 请勿在脸部、头发或私密处使用抗菌肥皂。在这些区域使用您自己的肥皂和洗发水（请参阅肥皂随附的说明）。
 - 用干净的毛巾擦干，然后换上干净的衣服。

手术当天

- **在家淋浴：**在您的手术当天早晨淋浴。按照与前一天晚上淋浴相同的步骤进行操作。
- **加热毯：**在医院，我们会在您等待进入手术室时为您盖上加热毯。这会温暖您的身体并有助于预防感染。

手术后

您将在手术后当晚或第二天早上回家。计划让负责的成年人开车接您出院回家。如果您在手术当天回家，请安排一名成人在第一晚与您同住。

为了您的安全

您手术期间和手术后使用的药物会影响您清晰思考的能力。手术后 24 小时内，请勿：

- 驾驶
- 单独旅行
- 使用机器
- 喝含酒精饮料
- 签署法律文件或做出重要决定
- 对需要被照顾的儿童、宠物或成人负责

伤口护理

- 您的伤口将用塑料绷带包扎。您可以在手术后 48 小时取下塑料绷带并淋浴。
- 去除塑料绷带后，每天淋浴。不要擦洗伤口部位。
- 在绷带下，您的伤口将被称为 Steri-Strips 的白色胶带盖着。这些胶带会在几天后自行脱落。
- 每天检查您的伤口是否有在下文“何时就诊”中列出的感染迹象。

药物

- 在手术后 2 天内不要服用阿司匹林或其他影响血液凝固的产品（见附表）。
- 按照处方服用止痛药。
- 开始按规定服用您的常规药物。

重返工作岗位

当您感觉良好时，返回工作岗位。大多数人可以在 1 周内重返工作岗位。

何时就诊

如果您有以下情况，请致电护士咨询热线 206.598.4477 或您的医生：

- 出血或引流液浸湿敷料
- 发烧高于 100.5°F (38°C)
- 颤抖和发冷
- 您的伤口有任何感染迹象：
 - 发红或肿胀
 - 疼痛越来越严重
 - 排泄物气味难闻，或排泄物类型或数量发生变化
- 恶心
- 呕吐

疑问？

您的问题很重要。如果您有任何问题或疑虑，请致电您的医生或医护人员。

工作日上午 8 点至下午 4 点，请拨打外科护士咨询热线 206.598.4477。

下班后以及周末和节假日，请致电 206.598.6190 并要求传呼手术值班住院医师。

或者，要求传呼您的外科医生：_____医生

Laparoscopic Gallbladder Surgery

How to prepare and what to expect

This handout is for patients who are having laparoscopic surgery to remove their gallbladder. It explains what to expect, how to prepare for surgery, and how to plan for your recovery.

What is laparoscopic surgery?

In *laparoscopic surgery*, 4 or more small incisions are made in your body. This method leaves smaller scars than *open surgery*. You should also have a faster recovery.

In laparoscopic gallbladder surgery (*cholecystectomy*), your surgeon will use special tools to remove your gallbladder. These instruments will be inserted through small incisions in your abdomen.

During surgery, your abdomen will be filled with *carbon dioxide* (CO₂) gas. This lifts your skin away from your organs so that your doctor can see the area better.



Your surgery will be done in the Surgery Pavilion at University of Washington Medical Center.

How to Prepare

- **Medicines:** Do **not** take aspirin or other products that affect blood clotting for 1 week before your surgery. Two of these are ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn). See attached sheet for more information.
- **Shaving:** Do **not** shave any part of your body that you do not already shave every day. If you normally shave near your surgical site, do not shave that area for 2 days (48 hours) before your surgery.
- **Going home:** Plan for a responsible adult to drive you home from the hospital and stay with you the first night. You cannot drive yourself or take a taxi or bus home alone from the hospital.

Day Before Surgery

- **Arrival time:** An OR (operating room) scheduler will call you by 5 p.m. the night before your surgery and tell you when to come to the hospital. If your surgery is on a Monday, the scheduler will call you the Friday before.

If you do not receive this call by 5 p.m., call 206.598.6541.

- **Shower:** Take a shower the night before your surgery. Use the special antibacterial soap your nurse gave you.
 - Do **not** use the special soap on your face, hair, or private parts. Use your own soap and shampoo on those areas. (See the directions that came with the soap.)
 - Use clean towels to dry off, and put on clean clothing.

Surgery Day

- **Shower at home:** Take a shower in the morning of your surgery. Follow the same steps as you did for your shower the night before.
- **Heating blanket:** At the hospital, we will cover you with a heating blanket while you wait to go into the OR. This warms your body and helps prevent infection.

After Surgery

You will go home the night after your surgery or the next morning. Plan for a responsible adult to drive you home from the hospital. If you go home the same day as your surgery, plan for an adult to stay with you the first night.

For Your Safety

Medicines you receive during and after your surgery will affect your ability to think clearly. For 24 hours after your surgery, do **not**:

- Drive
- Travel by yourself
- Use machines
- Drink alcohol
- Sign legal papers or make important decisions
- Be responsible for children, pets, or an adult who needs care

Incision Care

- Your incisions will be covered by plastic bandages. You can remove the plastic bandages and shower 48 hours after surgery.
- After removing the plastic bandages, shower every day. Do **not** scrub the incision site.
- Under the bandages, your incisions will be covered by white tapes called Steri-Strips. These tapes will fall off by themselves after several days.
- Check your incisions every day for the signs of infection listed under “When to Call,” below.

Medicines

- Do **not** take aspirin or other products that affect blood clotting until 2 days after your surgery (see attached sheet).
- Take your pain medicines as prescribed.
- Start taking your regular medicines as prescribed.

Return to Work

Return to work when you feel OK doing so. Most people can go back to work within 1 week.

When to Call

Call the Nurse Advice Line at 206.598.4477 or your doctor if you have:

- Bleeding or drainage that soaks your dressing
- A fever higher than 100.5°F (38°C)
- Shaking and chills
- Any sign of infection in your incisions:
 - Redness or swelling
 - Pain that is getting worse
 - Drainage that smells bad, or a change in the type or amount of drainage
- Nausea
- Vomiting
- Yellow skin (*jaundice*)
- Any concerns that cannot wait until your follow-up visit

Questions?

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

Weekdays from 8 a.m. to 4 p.m., call the Surgical Specialties Nurse Advice Line at 206.598.4477.

After hours and on weekends and holidays, call 206.598.6190 and ask for the resident on call for Surgery to be paged.

Or, ask for your surgeon to be paged:

Dr. _____