

闌尾切除術

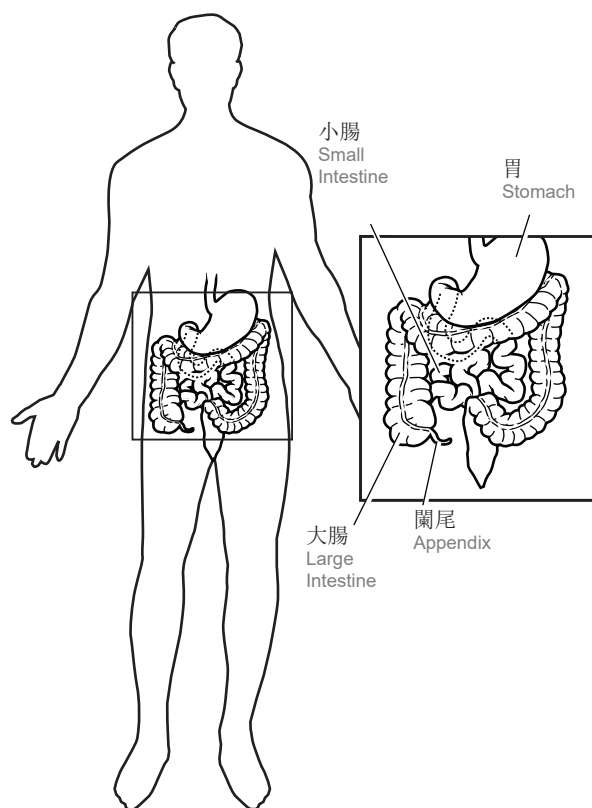
Appendectomy

Appendectomy is a surgery to remove the appendix. The appendix is a small pouch that comes off the large intestine. The appendix sometimes gets blocked and becomes infected and swollen. Signs of an infected appendix include abdominal pain in the lower right side, fever, poor appetite, nausea and vomiting. If the appendix bursts, it can make you very sick.

There are two ways to do this surgery:

- **Open appendectomy** - a single incision is made in the abdomen. The doctor works through this larger incision to remove the appendix.
- **Laparoscopic appendectomy** - 2 or 3 small incisions are made in the abdomen. The doctor uses a camera and tools through the small incisions to remove the appendix. With this type of surgery, you may recover faster, have less pain, less scarring, fewer wound problems and spend less time in the hospital.

An adult family member or friend needs to come with you to take you home after your surgery. It is not safe for you to drive or leave alone.



闌尾切除術是切除闌尾的手術。闌尾是大腸末端的細長管腔。闌尾有時候會被堵塞，導致發炎和腫脹。闌尾感染的症狀包括腹部右下方疼痛，發燒，食慾不振，噁心和嘔吐。如果闌尾破裂，可能導致嚴重後果。

闌尾切除術有兩種方式：

- **開腹闌尾切除術 (Open appendectomy)** - 在腹部開一個切口。醫生透過這個切口，切除闌尾。
- **腹腔鏡闌尾切除術 (Laparoscopic appendectomy)** - 在腹部開2或3個很小的切口。醫生透過這些小切口，使用攝影機和工具切除闌尾。施行此手術，可能康復更快，疼痛較小，疤痕較小，傷口問題較少，一般住院時間也較短。

須有成年家屬或朋友陪同，以便手術後送您回家。您在手術後單獨駕車或獨自離開是不安全的。

To Prepare

- Tell your doctor what medicines you are taking including prescriptions, over the counter medicines, vitamins and herbs.
- If you have any allergies to medicines, foods or other things, tell the staff.
- Do not eat or drink anything, including water, until after you have your surgery.

During Surgery

- You will wear a hospital gown.
- An IV (intravenous) 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 will be given through the IV or a face mask.
- Your abdomen is cleaned and sheets are put over you to keep the surgery area clean.
- An incision is made in your abdomen. With laparoscopic, 2 to 3 incisions are made.
- The appendix is removed.
- The incision(s) are closed with stitches, staples or special tapes called steri-strips.
- If stitches or staples are used, a bandage is taped over them.

準備工作

- 向醫生說明正在服用哪些處方藥物、非處方藥物、維他命和草藥。
- 如果對藥物、食物或其他物品過敏，須向工作人員說明。
- 手術前不要吃東西或喝飲料，包括水。

手術程序

- 您要穿一件醫院的袍子。
- 在手臂上插入靜脈注射導管，注射藥物和流體。
- 會讓您躺在推車上推入手術室。由人協助您上手術台。為安全起見，可能用帶子固定您的腿。
- 您會接受麻醉藥，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，用布蓋在您的身上，以保持手術部位的清潔。
- 在腹部開一個切口。如果是腹腔鏡手術，要開2至3個切口。
- 切除闌尾。
- 用縫合線、縫合器或特殊膠帶（免縫膠帶）封閉切口。
- 如果使用縫合線或縫合器，則表面要用繃帶包紮。

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 and when you can expect to go home.
- 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.
- You may be sent home 1 to 2 days after surgery. If your appendix ruptured before surgery, you may have to stay longer.

At Home

- Rest.
- Take your medicines as directed by your doctor.
- Call your doctor to schedule a follow-up visit.
- You can take a shower. Do not take a tub bath for one week after your surgery.
- Remove the bandage(s) over the incision(s) the next day before you shower. Carefully wash the incisions with soap and water and pat them dry. Put new band-aids over your incisions. Change your band-aids any time they get wet or dirty.
- If you have steri-strips, leave them alone. They will fall off on their own.

手術後

住院期間

- 進入康復室接受密切觀察，直至醒來而且狀態良好。
- 經常檢查您的呼吸、血壓和脈搏。
- 醫生會向您介紹手術情況，說明什麼時間可以出院回家。
- 手術中使用的藥物會使您非常嗜睡。為了您的安全，需要有家屬或朋友送您回家。
- 可能術後1至2天，您就可以回家。如闌尾在術前已經破裂，則您可能需要住院更長時間。

在家中休養期間

- 休息。
- 遵醫囑服用藥物。
- 致電醫生，安排複診。
- 可以洗淋浴。手術後一週內，切勿洗盆浴。
- 第二天洗淋浴前，取下刀口的繃帶。取下繃帶後，仔細用肥皂和水清洗刀口，把水拍乾。刀口更換新的繃帶。繃帶潮濕或變髒後，都要更換。
- 如果使用免縫膠帶，不要動免縫膠帶。免縫膠帶會自動脫落。

- 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 8 glasses of liquids each day 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. It may help to use a pillow to support your incision(s) when you cough or deep breathe.
- Do not lift objects over 10 pounds for 3 days if you had laparoscopic, or for 14 days if you had an open procedure .
- Do not drive until your doctor tells you it is okay, and you are no longer taking pain medicine.
- Talk to your doctor or nurse about other activity limits. You should be able to return to normal activities in about 1 to 3 weeks.
- 手術後，可能會出現排便困難。走動，吃高纖維穀物、豆類、蔬菜和全麥麵包，均有助於緩解排便困難。此外，每天喝8杯流質，可能也有幫助。
- 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。清醒時每小時做一次深呼吸和咳嗽，夜晚醒來時也要做。咳嗽或深呼吸時，可用枕頭扶持刀口。
- 腹腔鏡手術後3天內（開腹手術則14天內），不得提舉超過4.5 公斤（10 磅）的重物。
- 在醫生同意，並且停止服用止痛藥物之前，您不得駕車。
- 詢問醫生或護士必須遵守哪些其他的活動限制。您在手術後1至3週內應可恢復正常活動。

Call your doctor right away if you have:

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

如有以下狀況，立刻聯絡醫師：

- 腹部或肩部疼痛，持續不退或惡化
- 發紅、瘀傷或腫脹加劇
- 發燒體溫超過華氏 101 度（攝氏 38 度）
- 畏寒、咳嗽或感到虛弱和頭痛
- 嘔吐
- 皮膚搔癢、腫脹或出現新皮疹
- 大便困難或經常腹瀉

Call 911 right away if:

- The incisions come apart.
- There is new bleeding from the incisions.
- 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.

如果有以下情況，立即致電911：

- 刀口迸裂。
- 刀口有新的出血。
- 突然呼吸困難。
- 胸痛。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。