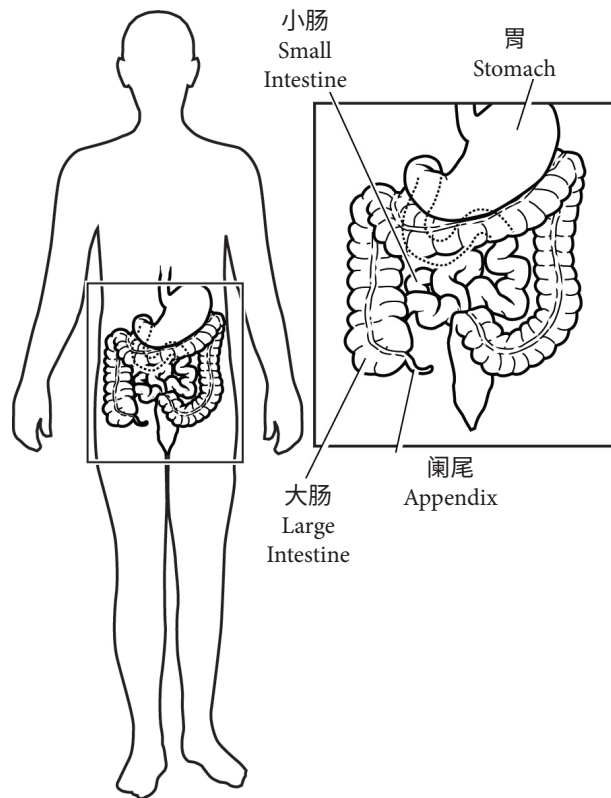


# 儿童简易阑尾切除术

## Simple Appendectomy for a Child

Appendectomy is a surgery to remove the appendix. The appendix is a small pouch that attaches to 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. To do this surgery, the doctor will make 1 to 3 small incisions or cuts in the abdomen (belly).



阑尾切除术是一种切除阑尾的手术。阑尾是附着于大肠尾部的小囊。阑尾有时会因堵塞而出现感染和肿胀。阑尾感染的体征包括右下腹痛、发热、食欲不振、恶心和呕吐。如果阑尾破裂，会导致严重症状。手术切除时，医生会在腹部（腹部）开1至3个小切口或刀口。

### To Prepare

- Tell your doctor what medicines and dosages your child is taking, including prescriptions, over the counter medicines, vitamins, and herbs.
- If your child has any allergies to medicines, foods, or other things, tell the staff.
- A nurse will give you eating and drinking directions.
- Have your child bring a favorite comfort object with them. This could be a toy, a pacifier, or a blanket.
- If you know you are having this surgery ahead of time, talk to your child about it. Tell them as much as they can understand and let them ask questions. Stay calm and confident. Children can sense your feelings.

### 准备期间

- 向医生说明孩子正在服用的药物和剂量，包括处方药物、非处方药物、维生素和草药。
- 如果孩子对药物、食物或其它物品过敏，须向工作人员说明。
- 护士会为您提供饮食指导。
- 让您的孩子带上最喜欢的安慰物品，例如玩具、奶嘴或毯子。
- 如果您获悉手术提前，请告知您的孩子。尽可能详细地告诉他们，让他们提问。保持冷静和自信。孩子能感觉到您的感受。

## During Surgery

- Your child will wear a hospital gown.
- An IV (intravenous) line is put into a vein for giving medicine and fluids.
- Your child will be given medicine, so he or she will sleep through the surgery. The medicine will be given through the IV or a face mask.
- The abdomen is cleaned and sheets are put over your child to keep the surgery area clean.
- Incisions are made in your child's abdomen.
- The appendix is removed.
- The incisions are then closed with:
  - Gauze and tape dressing
  - Steri-Strips™, a special tape
  - Dermabond®, a special glue
- A transparent dressing, called Opsite, or bandages may be placed over the wounds.

## After Surgery

### In the Hospital

Your child is taken to the Post Anesthesia Care Unit (PACU) and watched closely until they wake up and are doing well.

- Your child's breathing, blood pressure, and pulse are checked often.
- Your doctor will talk to you about your child's surgery.
- Your child will need to get up and walk around after surgery. This helps "wake up" the bowels, and helps with your child's breathing and blood flow.
- Your child may be able to go home the same day as surgery if they can walk, pain is controlled by medicine taken by mouth, and they can drink clear liquids.

## 手术期间

- 让孩子换上医院的罩衣。
- 向静脉插入静脉输注管，以给药和输液。
- 孩子将接受麻醉药物，且手术期间均保持睡眠状态。麻醉药通过静脉注射或面罩给药。
- 清洁腹部，将布盖于孩子身体表面，以保持手术部位的清洁。
- 在孩子的腹部开切口。
- 切除阑尾。
- 然后采用下列方法闭合切口：
  - 纱布和胶条敷料
  - Steri-Strips™，一种特殊胶条
  - Dermabond®，一种特殊粘合剂
- 伤口上可采用一种名为 Opsite 的透明敷料或绷带予以覆盖。

## 手术后

### 住院期间

医护人员将您的孩子带至麻醉后监护室 (PACU)，并密切监测其状态直至其清醒并恢复正常状态。

- 经常检查孩子的呼吸、血压和脉搏。
- 医生会向您介绍孩子的手术情况。
- 手术后，您的孩子需要起床走动。该做法有助于“唤醒”肠道，并有助于孩子的呼吸和血液流动。
- 如果您的孩子能够走路，可通过口服药物控制疼痛，且可饮用清液，则可于手术当日返家。

- Medicines given during the surgery will make your child sleepy. Your child should be watched closely for 24 hours after you go home.

## At Home

- Your child should get plenty of rest.
- Give medicines as directed by your doctor.
- Call your child's doctor's office to schedule a follow up visit.
- Follow the instructions given to you on how to care for your child's incisions.
  - ❑ **Steri-Strips™**: The tapes will fall off on their own. Do not remove them unless the doctor says that it is okay.
  - ❑ **Dermabond®**: The glue will loosen in 1 to 2 weeks from your child's skin as your child's wounds heal. Do not remove or put ointments or creams on it.
  - ❑ **Opsite**: Leave this dressing in place. It will fall off on its own in 1 to 2 weeks. Do not remove unless your child's doctor says that it is okay.
- Your child may take a shower or sponge bath. Do not let your child take a tub bath or swim for 1 week after surgery. Carefully wash the incisions with soap and water and pat dry.
- Your child may need to do deep breathing and coughing exercises to keep the lungs clear.
- Your child should not lift objects over 10 pounds or play competitive sports for 2 weeks after surgery.
- Talk to your child's doctor or nurse about other activity limits. Your child should be able to return to normal activities in about 2 to 3 days.

- 手术中使用的药物会使孩子嗜睡。孩子回家后，应密切观察 24 小时。

## 居家

- 孩子应充分休息。
- 遵医嘱用药。
- 致电给医生，安排复诊。
- 按照指示护理孩子的切口。
  - ❑ **Steri-Strips™**：胶条会自动脱落。除非医生同意，否则切勿自行撕除。
  - ❑ **Dermabond®**：当孩子的伤口愈合时，粘合剂会在 1-2 周内从孩子的皮肤上脱落。切勿擦除或涂抹药膏或面霜。
  - ❑ **Opsite**：让敷料留在原处。敷料可于 1-2 周内自行脱落。除非您孩子的医生同意，否则切勿自行撕除。
- 孩子可淋浴或床上擦浴。手术后一周内，切勿让孩子盆浴或游泳。取下绷带后，仔细用肥皂和水清洗切口，把水拍干。
- 孩子可能需要进行深呼吸和咳嗽练习，以保持肺部清洁。
- 手术后 2 周内，孩子不应举起超过 10 磅的物体或进行竞技运动。
- 向医生或护士咨询孩子须遵守哪些其他活动限制。手术后 2 至 3 天内，孩子应可恢复正常活动。

## When to Call the Doctor

- Incision becomes red
- Incision becomes more tender or swollen
- Child vomits more than 1 time
- Child can't have a bowel movement (poop)
- Incision begins to pull apart
- There is new drainage around the incision
- Child's stomach is distended (full and firm) and it is painful
- Child's pain can't be controlled by medicine they were told to take
- Child has a fever over 100.8° Fahrenheit (F) or 38.2° Celsius (C)

**Talk to your doctor or nurse if you have any questions or concerns.**

## 何时致电医生

- 切口变红
- 切口触痛加剧或肿胀
- 孩子呕吐 1 次以上
- 孩子不能排便（拉屎）
- 切口开始裂开
- 切口周围重新出血
- 孩子出现胃胀大（饱而硬）且疼痛
- 孩子的疼痛无法通过已开具的处方药物控制
- 孩子发热超过 100.8 华氏度 (F) 或 38.2 摄氏度 (C)

**如有任何疑虑，请咨询医生或护士。**