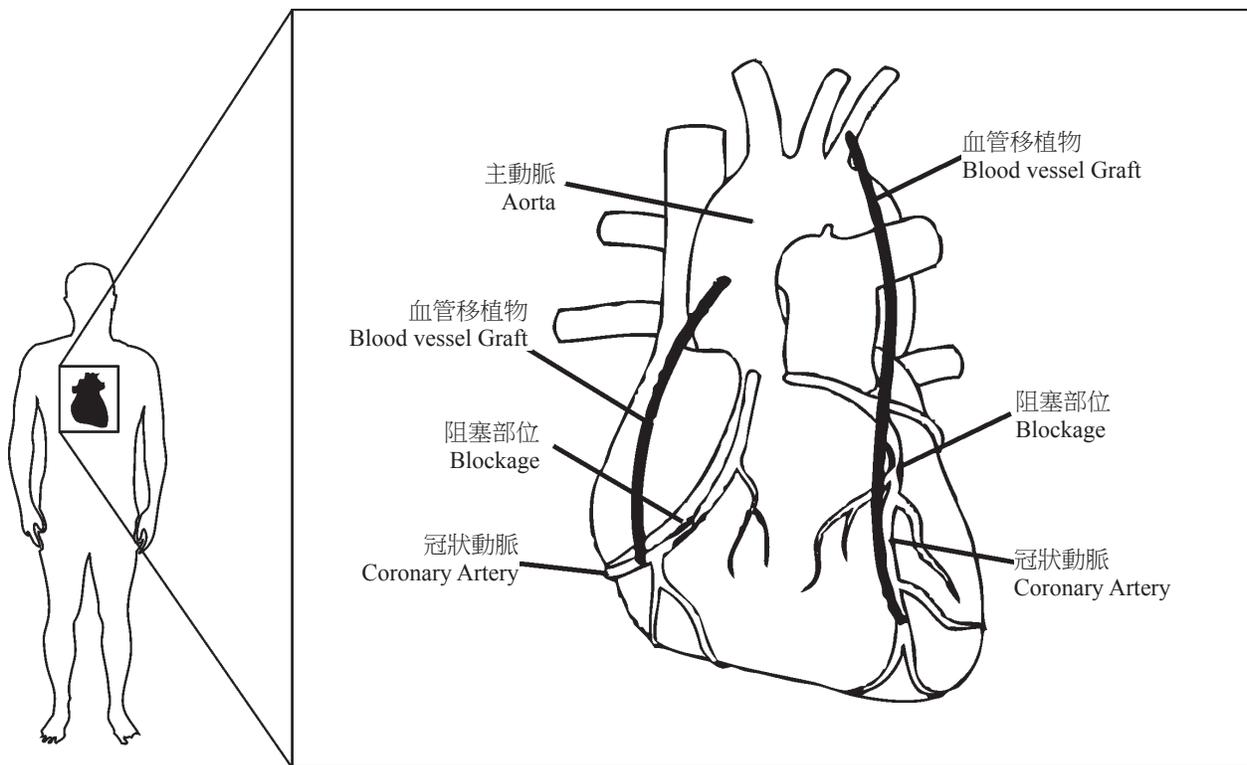


冠狀動脈搭橋手術

Coronary Artery Bypass Surgery

Coronary artery bypass surgery is also called bypass surgery or open heart surgery. It is done to allow blood to flow around blocked blood vessels in the heart. Coronary arteries are the blood vessels that supply the heart muscle with oxygen and nutrients. During bypass surgery, a piece of a blood vessel from the leg, arm or chest, called a graft, is removed and attached to the aorta and around the blocked blood vessel of the heart. The blocked blood vessel remains, but blood is carried around it in the new blood vessel. If there are several blocked vessels, you may have more than one bypass done.

冠狀動脈搭橋手術也稱為繞道移植術或心臟直視手術。該手術旨在使血流繞過阻塞的心臟血管。冠狀動脈是專為心肌提供氧和營養物的血管。在搭橋手術過程中，一小段血管（稱為移植物）會被從病人的腿、臂或胸部取下，並被連接到主動脈並繞過阻塞的心臟血管。阻塞的血管將被保留，但血流將從該血管旁邊繞行，在新建血管中流過。如果有更多條阻塞的血管，可能會建立多個繞道血流通道。



The surgery takes 4 to 6 hours. After surgery, you will be in the recovery room for at least 2 hours before your family can see you. You will stay in the hospital 4 to 6 days.

該手術用時 4 到 6 小時。術後您將被送入恢復病房進行觀察至少 2 小時，然後才允許家人探視。您將需要住院 4 到 6 天。

To Prepare at Home

- Tests may be done before your surgery such as a chest x-ray, electrocardiogram (ECG or EKG) and blood tests.
- Stop smoking for at least 48 hours before surgery.
- You will be taught how to deep breathe and cough. Practice this before your surgery.
- Do not eat or drink anything, including water, after midnight before your surgery.
- You may be told to take a shower with a special soap called chlorhexidine gluconate (CHG) before your surgery. This soap may be given to you, or you will need to buy a 4-ounce bottle or larger of 4% CHG soap at a drug store. A common brand name for this soap is Hibiclens. There may be a store brand that costs less. Ask the pharmacist where to find it in the drug store. It is often with first aid supplies. You need to shower with CHG soap:

The day before your surgery

The morning of your surgery

Follow the instructions from your doctor or nurse on how to use CHG soap or ask for the handout, "Getting Your Skin Ready for Surgery."

Before Surgery

- You will wear a hospital gown.
- You are given medicine to help you relax.
- An IV (intravenous) is put in a vein in your arm.

手術前的家中準備

- 手術前可能會進行胸部 X 光檢查、心電圖 (ECG 或 EKG) 及血液化驗等檢查。
- 手術前至少 48 小時內應停止吸煙。
- 醫生會教您如何做深呼吸和咳嗽等動作。請在手術前練習這些動作。
- 手術前晚上 12 時後禁食 (也不能進水)。
- 醫生會告訴您在手術前用被稱為葡萄糖酸洗必泰 (CHG) 的特殊皂液洗淋浴。可能會給您提供此皂液，或者您將需要自己到藥房購買一瓶容量為 4 盎司或以上的 4% CHG 皂液。此皂液的通用品牌是 Hibiclens。也可能有價格更便宜的非品牌產品。請諮詢藥房的藥劑師以找到所需要的產品。該品經常與急救用品放在一起。您需要在以下時間用 CHG 皂液洗淋浴：

手術前一天

手術當天早晨

使用 CHG 皂液時請遵循醫生或護士的指示，或者也可參閱宣傳資料「術前皮膚清潔」。

術前準備

- 您將需要穿上病人衣服。
- 醫生會給您用藥，以幫助您放鬆。
- 將在您手臂的靜脈內插入一根靜脈導管。

During Surgery

- You will be given medicine to put you to sleep.
- A breathing tube is put into your mouth. This tube is attached to a machine that will breathe for you during surgery.
- The doctor makes an incision in the middle of your chest. Your breastbone is cut and your ribs are spread open to see your heart.
- A machine pumps blood to your body during surgery.
- A blood vessel from your leg, arm or chest, called a graft, is removed. One end of the graft is stitched to the blood vessel above the blockage. The other end is stitched to the blood vessel below the blockage.
- Your breastbone is then wired back together. Incisions are closed with stitches and staples.

After Surgery

You are taken to an intensive care unit (ICU) for 12 to 24 hours where you will have:

- A breathing tube for a few hours
- Tubes in your chest to drain fluid from around your heart
- A catheter in your bladder to drain urine
- IVs to give you fluids and medicines

These tubes will be removed 1 to 2 days after surgery. The nursing staff will check you often.

You are then moved to a hospital room. You may have oxygen and a heart monitor for a few days. It is important to take deep breaths and cough every hour when you are awake. The staff will help you get up and walk at first. You will be taught how to care for yourself at home.

手術中事宜

- 醫生會給您用藥以使您入睡。
- 將在您的口腔內插入一根呼吸管。此管與一台用於幫助您在手術中保持呼吸的機器相連。
- 醫生會在您的胸部中間位置做一個切口。將胸骨切開並把肋骨分開，以便看到心臟。
- 手術中有台機器向體內泵血液。
- 將從您的腿、臂或胸部取下一小段血管（稱為移植物）。把該移植物的一端縫到阻塞部位上方的血管。而將另一端縫到阻塞部位下方的血管。
- 然後將胸骨縫合為一體。並用縫線和縫皮釘將切口縫合。

手術後事宜

您會被送入重症監護病房（ICU）觀察 12 到 24 小時，其間您將接受以下醫療護理：

- 插入呼吸管並保留數小時
- 在胸腔內插管以引流心臟周邊液體
- 在膀胱內插入導尿管以引流尿液
- 留置靜脈導管以輸注液體和藥物

這些導管將在手術後 1 到 2 天取出。護理人員會經常檢查您的狀況。

此後您將被轉入普通病房。您可能需要吸氧及使用心臟監護儀數天。在您清醒後，應該每小時做幾次深呼吸和咳嗽動作，這一點很重要。當您剛開始起床及下床走路時，醫護人員會給予幫助。他們會教您如何在家中照顧自己。

Your Care at Home

- It often takes 4 to 6 weeks to feel better.
- You may have aches and pains that affect your appetite, sleep and activities.
- Rest between activities.
- It is common to feel sad or be depressed. This should slowly get better over the next few weeks. Talk to your doctor if you feel worse or it lasts longer than 2 weeks.
- Do not drive or return to work until your doctor says it is safe.
- To help your breastbone heal during the first 6 weeks after surgery:
 - Do not lift more than 10 pounds or 4.5 kilograms. A gallon of milk weighs about 8 pounds.
 - Do not let people push or pull on your arms when they are helping you move.
 - Do not reach backwards or above your head.
 - Keep your arms close to your sides when getting in and out of a bed or chair.
 - Avoid any activity where you feel your breastbone pull.
 - Do not do strenuous activities such as vacuuming or gardening until your doctor says it is safe.
 - You may bend forward to do things such as tying your shoes.
 - You can do light household activities such as cooking or dusting.

家中護理

- 通常在 4 到 6 週後會感到好轉。
- 可能會因出現疼痛而影響食欲、睡眠和活動。
- 在活動中間休息一會。
- 感到憂愁或抑鬱是正常的。這種情況會在幾週後慢慢地好轉。如果感到病情加重或是這種情況持續 2 週以上，請立即告知醫生。
- 醫生認為是安全的時候，才能駕車或重返工作崗位。
- 在術後前 6 週內，為幫助胸骨癒合，請注意：
 - 不要抬舉重量超過 10 磅（4.5 千克）的物體。一加侖牛奶的重量約為 8 磅。
 - 當他人幫助您移動時，不要讓他們推或拉您的手臂。
 - 不要將手臂伸到後背或頭部上方。
 - 當上床或坐到椅子上或是離開床或椅子時，請將手臂靠近身體兩側。
 - 當感覺胸骨受牽拉時，應避免進行任何活動。
 - 醫生認為是安全的時候，才能進行諸如吸塵或園藝等費力氣的活動。
 - 可以讓身體向前彎曲，來進行系鞋帶等動作。
 - 可以做輕度家務活，例如烹飪或掃除灰塵。

Call your doctor right away if you have:

- Swelling or opening of your incisions
- Increase in drainage
- Fever or chills

To Help Prevent Blockage:

- Quit smoking.
- Eat a healthy diet.
- Exercise each day.
- Take your medicines as ordered.
- Get treatment for diabetes, high blood pressure or high cholesterol.

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

如果您出現下列情況，請立即給醫生打電話：

- 切口腫脹或開裂
- 引流物增多
- 發熱或發冷

預防心臟血管阻塞須知：

- 戒煙。
- 健康飲食。
- 每天做運動。
- 遵醫囑用藥。
- 接受對糖尿病、高血壓和高膽固醇血症的治療。

如有任何疑問或擔心，請告知醫生或護士。