

## UCSF Medical Center 加州大學舊金山分校醫療中心

## YOUR HEALTH MATTERS : After Anal and Rectal Surgery

## 您的健康至要：肛門與直腸手術後

After Anal and Rectal Surgery	肛門與直腸手術後
<p><b>Pain</b></p> <ul style="list-style-type: none"> <li>• Take the pain medicine prescribed for you every four hours as needed.</li> <li>• Apply LMX 4 or 5 percent cream inside and outside your anus every two to four hours as needed. LMX is an over-the-counter preparation that is not covered by any health insurance. Call around to find a pharmacy that has it in stock. Other preparations include Lidocaine 5 cream, Lidocaine 4 cream, 5% Lidocaine ointment (which is less expensive) and Lidocaine Jelly 2% (which is least expensive. These medications require a prescription. The jelly and ointment seems slightly less effective than the creams. You may be able to find these items on the Internet for a reduced price</li> <li>• Take a hot bath in plain water and soak for at least 20 minutes three times a day. This is a minimum and there is no maximum limit. You can soak as long as you want. Soaking is the</li> </ul>	<p><b>疼痛</b></p> <ul style="list-style-type: none"> <li>• 根據需要，每四小時給予處方的止痛藥。</li> <li>• 根據需要，每兩到四個小時在肛門外搽 4% 或 5% LMX。LMX 是一種非處方藥，醫療保險不會支付藥費。要致電到不同的地方找有存貨的藥房。其他藥包括麗都感 5 號藥膏(Lidosense 5)，麗都感 4 號藥膏，5% 利多卡因軟膏 (Lidocaine ointment) (這較便宜) 和利多卡因膠凍 2% (Lidocaine jelly) (這最便宜)。這些藥物需要醫生開處方。藥膏似乎比膠凍軟膏有效。你也許可以在互聯網上找到比較便宜的價格。</li> <li>• 洗個熱水澡並浸浴最少 20 分鐘，每天至少浸三次，但沒有上限。只要你願意，你浸多久也可以。浸浴是控制疼痛的最有效方法。</li> </ul>

<p>most effective method of controlling pain.</p> <ul style="list-style-type: none"> <li>• The pain should get better seven to 14 days after surgery.</li> <li>• Over-the-counter ibuprofen (Motrin, Advil) also will help with pain. If you are not allergic to ibuprofen, you may take 600 mg three times each day with food to assist with pain control.</li> </ul>	<ul style="list-style-type: none"> <li>• 手術後的 7 至 14 天，疼痛會改善而越來越少。</li> <li>• 非處方布洛芬 (ibuprofen) [被稱為美林 (Motrin)，雅維 (Advil)] 也可助改善疼痛。如果你不對布洛芬過敏，可一天吃 600 毫克的布洛芬藥三次去幫助控制疼痛，並要與一些食物一同吃。</li> </ul>
<p><b>Caring for the Surgery Site</b></p> <ul style="list-style-type: none"> <li>• Take a warm bath the morning after surgery and remove the dressing.</li> <li>• If you have a bowel movement before morning, remove the dressing and then soak in tub.</li> <li>• After bathing, pat dry or use a cool hair dryer. Do not rub.</li> <li>• After each bowel movement, gently clean the area with water, or bathe/shower to keep the area clean.</li> <li>• If you have been told to place a moist gauze pad in the wound, do so several times a day. Tuck the gauze into the wound so that it covers the entire wound surface.</li> </ul>	<p><b>手術部位的護理</b></p> <ul style="list-style-type: none"> <li>• 手術後的早上，洗個熱水澡，拆除敷料。</li> <li>• 早晨之前如果你有排便，去除敷料，然後浸浴。</li> <li>• 沐浴後，輕輕拍乾或用吹風機。不要擦（或抹）。</li> <li>• 每次大便後，用清水輕輕擦拭範圍；或去洗澡/淋浴，以保持清潔。</li> <li>• 如果你已經被告知把要用濕紗布放入傷口，便要一天做幾次。將紗布塞入傷口使之覆蓋整個傷口表面。</li> </ul>
<p><b>Bowel Movements</b></p> <ul style="list-style-type: none"> <li>• The pain medication may cause constipation and passing a hard stool will add to the pain.</li> </ul>	<p><b>排便</b></p> <ul style="list-style-type: none"> <li>• 止痛藥可能導致便秘和硬糞，加重疼痛。以纖維補充劑，如美達施</li> </ul>

<p>Take a fiber supplement, such as Metamucil, Konsyl, Fibercon, Citrucel, Benefiber or any generic brand, as directed on the package. Be sure to drink six to eight glasses of water or another non-caffeinated beverage a day.</p> <ul style="list-style-type: none"> <li>• Take a stool softener while you are taking the pain medicine. Colace (Docusate sodium) 100 mg twice a day is the recommended stool softener.</li> <li>• Do not give yourself an enema unless approved by your surgeon.</li> <li>• If two days pass without a bowel movement, take two tablespoons of milk of magnesia (30 mL) and repeat in eight hours if you have not had a bowel movement. If you still have had no results after three days, take four Dulcolax tablets by mouth at one time. If this does not work within 12 hours, call your surgeon.</li> </ul>	<p>(Metamucil)、康賜爾 (Konsyl)、服通膜衣 (Fibercon)、Citrucel、百利纖 (Benefiber) 或任何沒有品牌名藥產品，按包裝上的指示服用。一定要每天喝六到八杯水或其它不含咖啡因的飲料。</p> <ul style="list-style-type: none"> <li>• 你服用止痛藥後，也要服用大便軟化劑。推薦用的大便軟化劑是 100 毫克多庫酯鈉 (Colace)，一天服用兩次，。</li> <li>• 除非得到外科醫生同意，否則不要給自己灌腸。</li> <li>• 如果兩天沒有排便，便服用兩湯匙 (30 毫升) 氧化鎂乳劑 (milk of magnesia)。如果還沒有排便，就每八小時重複服用一次。如果三天內仍沒效，便服用四粒樂可舒腸溶糖衣錠 (Dulcolax)。如果十二小時內仍沒效率，便要打電話給你的醫生。</li> </ul>
<p><b>Bleeding</b></p> <p>Some bleeding with each bowel movement is expected. If the bleeding does not stop within an hour after a bowel movement, if the amount of bleeding increases with time or if you are</p>	<p><b>出血</b></p> <ul style="list-style-type: none"> <li>• 每次大便出血是意料中之事。如果排便後出血，在一個小時內沒止血，甚至出血量增加，或者如果有血塊，便要打電話給你的醫生。</li> </ul>

<p>passing clots of blood, call your surgeon.</p>	
<p><b>Urinating</b></p> <p>It may be difficult to urinate after the surgery. Straining to urinate will not harm the area of surgery. If you can't urinate, try sitting down (men) or urinating in a warm bathtub or shower. If you are still unable to urinate 12 hours after surgery, go to the Emergency Department. It may be necessary to place a catheter into your bladder to empty it. Do not wait longer than 12 to 18 hours.</p>	<p><b>小便</b></p> <p>在手術後可能難以排尿。使勁排尿不會傷害手術的範圍。如果你不能排尿，盡量坐了下來（男性）或在一個溫暖的浴缸或淋浴小便。手術後 12 小時如果你仍然無法排尿，去急診室。可能有必要將一個導管插入膀胱以清空它。不要等超過 12 至 18 小時。</p>
<p><b>Activity</b></p> <ul style="list-style-type: none"> <li>• You may do what feels comfortable after surgery. Limit sitting to 10 to 15 minutes at a time. You may sit on a foam pillow but avoid rubber rings or "donuts."</li> <li>• Avoid driving a car while taking pain medication.</li> <li>• You may go back to work when you feel ready to do so. This may take several days to several weeks depending upon the procedure. Ask your doctor for specific limitations.</li> </ul>	<p><b>活動</b></p> <ul style="list-style-type: none"> <li>• 手術後，你可以做任何你感到舒適的事，但每次只可坐 10 至 15 分鐘。你可以坐在海綿枕頭，但要避免坐免橡膠圈或「甜甜圈」。</li> <li>• 服用止痛後藥避免開車。</li> <li>• 你如果準備好就可以隨時回去上班。這可能需要休息幾天甚至幾個星期。問問你的醫生有何具體限制。</li> </ul>
<p><b>Follow-Up</b></p> <ul style="list-style-type: none"> <li>• Make an appointment with your surgeon</li> </ul>	<p><b>跟進</b></p>

<p>for one month after surgery.</p> <ul style="list-style-type: none"><li>• For appointments and any concerns, please call (415) 885-3606</li><li>• The surgeons at The Center for Colorectal Surgery at UCSF are Dr. Madhulika Varma, Dr. Julio Garcia-Aguilar and Dr. Laura: Goetz.</li><li>• Nurse practitioner for the Center for Colorectal Surgery is Lois Anne Indorf, ANP. Phone: (415) 885-3613.</li></ul>	<ul style="list-style-type: none"><li>• 手術一個月後，預約見你的醫生。</li><li>• 對於預約和任何疑問，請致電 (415) 885-3606</li><li>• 在加州大學舊金山分校的結直腸手術中心的外科醫生有 Dr. Madhulika Varma, Dr. Julio Garcia-Aguilar 和 Dr. Laura: Goetz。大腸癌手術中心的執業護理師是 Lois Anne Indorf, ANP。電話：(415) 885-3613。</li></ul>
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