

在乳房重建手術後可預期的情況：

## What to expect in the hospital after breast reconstruction surgery:

<b>What to expect in the hospital after breast reconstruction surgery:</b>	<b>乳房重建手術後可預期的情況：</b>
<ul style="list-style-type: none"><li>• A sore throat – although you will not have it felt at the time, nor remember it afterwards, you will have had a tube down your throat during the surgery. This can often cause a sore throat for a few days following your surgery.</li><li>• An oxygen tubing in your nose</li><li>• An IV in your arm</li><li>• Elasticized stockings on your legs covered by a Venodyne Compression device. This is a plastic sleeve that fits around the leg and is connected to a machine to mimic normal circulation. It is designed to prevent blood clots and will no longer be necessary when you are up and walking.</li><li>• Drains to remove excess fluids from the surgical area</li><li>• Pain medication delivered by either an epidural (thin tube inserted during surgery into</li></ul>	<ul style="list-style-type: none"><li>• 喉嚨痛 – 在手術過程中，儘管你不會記得，也不會感覺到曾有一條管插入喉嚨中。但這是在手術後往往導致有數天喉嚨痛的原因。</li><li>• 在你鼻子中有氧氣管</li><li>• 在你的手臂上有靜脈導管</li><li>• 你的腿會被穿上彈性襪，並有 Venodyne 牌的縮壓氣機套包住腿上，它被連接到一台機器來模擬正常的血液循環，目的是為了防止血液在腿部凝結，但當你可以下床步行時就不再需要用。</li><li>• 用排液體管子從手術範圍排去多餘的液體。</li><li>• 止痛藥由脊髓硬膜外被注射（在你的脊髓液中插入細管），或通過在</li></ul>

<p>the fluid around your spinal cord) or through the IV in your arm</p> <ul style="list-style-type: none"><li>• A urinary catheter will stay in for a few days until you are able to urinate on your own</li><li>• Immediately after surgery, you will not be able to eat or drink anything by mouth. Based on your recovery, your surgeons will let you know when you can begin to drink and then to eat.</li></ul>	<p>你的手臂上靜脈導管輸入止痛藥。</p> <ul style="list-style-type: none"><li>• 需用數天導尿管，直到你能夠自己小便。</li><li>• 在手術後，你將不能即時用口飲食。按照您復原程度的快慢，您的醫生會讓你什麼時候可以開始喝流體，然後吃固體食物。</li></ul>
<p><b>Tips for patients undergoing breast reconstruction:</b></p> <ul style="list-style-type: none"><li>• Well stocked library of books, magazines, books on tape and videos</li><li>• Telephone by your bed (some women find a portable phone easier)</li><li>• Relaxation tapes</li><li>• A supportive, non-underwire bra to wear after okay from plastic surgeon</li><li>• Have a friend who can wash your hair over the kitchen sink</li><li>• No showers for 5-10 days, so consider alternatives like a sponge bath, a favorite spray cologne or scented powder</li><li>• An eye pillow for daytime resting</li><li>• Loose overshirts or dresses to hide the drains</li></ul>	<p><b>進行乳房重建手術前的提示：</b></p> <ul style="list-style-type: none"><li>• 準備豐富的雜誌、書籍、磁帶書籍和影片</li><li>• 床側要有電話（有些女人認為移動電話更方便）</li><li>• 有令你身心鬆弛的音樂磁帶</li><li>• 在整形醫生允許下穿戴有支持性而無鋼線的胸罩</li><li>• 找一個可以在廚房水槽幫你洗頭的朋友</li><li>• 你不能洗澡約 5-10 天，因此可考慮抹身，可用喜歡的香水或爽身粉</li><li>• 用眼枕以助於白天休息</li><li>• 穿鬆身的襯衫或裙裝以隱藏引流瓶</li></ul>