

## 局部乳房切除術/重複切除術：手術前解說

### Lumpectomy/Re-excision: Instructions before surgery

| <b>Lumpectomy/Re-excision:<br/>Instructions before surgery</b>   | <b>局部乳房腫瘤切除術/重複切除術：<br/>手術前解說</b>   |
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| <p><b>Instructions Before Surgery</b></p> <p>The following information will help you to prepare for your upcoming surgery. We hope this information may help to make this experience more comfortable for you. If you have any questions regarding the instructions, please contact the Breast Care Center staff.</p> <ul style="list-style-type: none"> <li>• This procedure is a same day surgery procedure. You may stay longer if it is medically necessary. You will need to have a responsible adult with you to drive you home. It is unsafe and against hospital policy to permit you to drive home after surgery when you have received any medication that might slow your responses (anesthesia, pain medication, or any medication to relieve anxiety).</li> <li>• <b>NOTHING TO EAT OR DRINK AFTER MIDNIGHT</b> on the night before your surgery. Any medications that you take routinely should be taken at the usual time with a sip or two of water. People with diabetes, heart disease, and</li> </ul> | <p><b>手術前解說</b></p> <p>下面的資訊將幫助您為即將做的手術作好準備。我們希望這些資訊可以令您對做手術感到較放心。如果您對這些說明有任何疑問，請與乳房護理中心的工作人員聯絡。</p> <ul style="list-style-type: none"> <li>• 這過程應是一個當日可完成的手術。但如果醫療上有需要，可能要留院較長時間。您需要有一個有責任心的成年人開車送你回家。因為當你服用了任何會降低你反應能力的藥物（麻醉，止痛藥，或任何減輕焦慮藥物），允許你在手術後自己開車回家是不安全和違反醫院政策的。</li> <li>• <b>在手術前的午夜開始禁止飲食。</b>您日常需要服用的藥物應以一小口或兩口小水去如期服用。有糖尿病，心臟病和其他疾病的患者，應該聯繫主診醫生以取得合適的指示。如</li> </ul> |

other illnesses should contact their primary care physicians for directions. Inform your physician if you are taking Coumadin® or other blood thinning medication.

- **DO NOT TAKE ASPIRIN** or aspirin containing products for 10 days before your surgery. Tylenol® is okay. STOP vitamin E supplements 2 weeks before or as soon as possible. Vitamin E in a multivitamin is okay.
- Wear comfortable clothing: a two-piece, loose outfit with a zipper or buttons in front is the easiest to put on. Please bring it with you.
- Recommended items to bring with you:
  - **DO NOT BRING VALUABLES**, or give them to family/friends
  - Tape player and headphones, favorite music, books on tape
  - Sweater or sweatshirt for warmth -Light reading -Important telephone numbers
  - A supportive bra **NO UNDERWIRE**, (sports bra or bra that hooks in front). **PLEASE WEAR A BRA FOR 3-4 DAYS FOLLOWING SURGERY, EVEN WHILE YOU SLEEP.** This minimizes post-operative bleeding and will

果你正在服用 Coumadin® 或其他稀血藥物，請告訴我們。

- 在您手術前 10 天內，不要服用阿司匹林 (Aspirin) 或含阿司匹林的藥物。服用泰諾 (Tylenol) 倒是可以的。在您手術前兩個星期或盡快應停止服用維生素 E 的補充藥。在多種維生素裡的維生素 E 是可以服用的。
- 穿著舒適的服裝：兩件式的鬆身衣服和前面是拉鍊或有衫鈕的是最容易穿上。請隨身攜帶這類衣服到醫院。
- 請攜帶以下推薦物品到醫院：
  - 或將物品給家人/朋友，**不要攜帶貴重物品進院**
  - 磁帶播放器和耳機，喜歡的音樂，有聲書籍讀物
  - 毛衣或溫暖的絨衣、輕鬆的刊物、重要的電話號碼
  - 穿戴一個有承托力而沒有鋼圈的胸圍，（運動胸圍或在前面上扣的胸圍）。在手術後之 3-4 天內都需要戴胸罩，甚至在睡眠時

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| <p>make you more comfortable.</p>  | <p>也要。這可令手術後出血減到最少，並令你更舒適。</p>   |
| <p><b>Pain Management</b></p> <ul style="list-style-type: none"> <li>• People experience different types and amount of pain or discomfort after surgery. The goal of pain management is to assess your own level of discomfort and to take medication as it is needed. You will have better results controlling your pain if you take pain medication before your pain is severe.</li> <li>• When pain is experienced, it is recommended to take pain medication on a regular schedule. Ibuprofen (e.g. Motrin®, Advil®) or Acetaminophen (e.g. Tylenol®) are non narcotics that can decrease pain. You will also be given a prescription for Vicodin® or another narcotic for the management of moderate pain.</li> <li>• An ice pack may be helpful to decrease discomfort and swelling.</li> <li>• Please notify us of any drug allergies, reactions or medical problems that would prevent you from taking these drugs. Vicodin® is a narcotic and should not be taken with alcoholic drinks. <b>Do not use narcotics while driving.</b></li> <li>• Narcotics can also cause or worsen constipation, so try to increase your fluids, eat high fi-</li> </ul> | <p><b>管理疼痛策略</b></p> <ul style="list-style-type: none"> <li>• 乳房手術後總會有不同類型和程度的疼痛或不適。管理疼痛的目標是評估自己的不適程度和服用止痛藥的需要。在疼痛仍然不是很嚴重時服用止痛藥，將能更有效地控制痛楚。</li> <li>• 當出現疼痛，建議你按時服用止痛藥。布洛芬 (Ibuprofen) (如 Motrin®，Advil®) 或對乙酰氨基酚 (acetaminophen) (如泰諾) 是非受監控止痛藥，可以減輕疼痛。你也可能獲得 Vicodin 處方®或其他受監控類的止痛藥去減輕中度的疼痛。</li> <li>• 冰袋可能有助於減少不適和腫脹</li> <li>• 如有任何藥物過敏，藥物反應或醫療問題，請通知我們。Vicodin®是受監控止痛藥，不應同時服用含有酒精飲料。服用受監控類止痛藥後不要駕駛。</li> <li>• 受監控類止痛藥可引起或加重便秘。所以要增加你的體液，多吃高纖維食物 (如梅干和麥皮)，並要</li> </ul> |

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| <p>ber foods (like prunes and bran), and make sure you are up, out of bed, taking small walks.</p> <ul style="list-style-type: none"> <li>• Everyone is different and if one plan to decrease your pain is not working, it will be changed. Healing and recovery are improved with good pain control.</li> </ul>   | <p>多下床散步。</p> <ul style="list-style-type: none"> <li>• 每人都是不同的，如果照原先計劃不能減少你的痛楚，就要改變對策。有好的策略控制疼痛，康復的過程自會更好。</li> </ul>  |
| <p><b>Incision (Scar) and Dressing Care</b></p> <ul style="list-style-type: none"> <li>• Your incision (scar) has both stitches and steri strips (small white strips of tape) and is covered by a gauze dressing and either a plastic dressing or tape.</li> <li>• Gauze and plastic dressing: DO NOT REMOVE THE DRESSING, STERI STRIPS OR STITCHES. If the dressing falls off on its own, do not attempt to replace it.</li> <li>• Gauze and paper tape dressing: You may remove the dressing 2 days after surgery. BE CAREFUL NOT TO TOUCH OR REMOVE THE STERI-STRIPS OR SUTURES.</li> <li>• You may shower two days after surgery. Pat dry your plastic dressing or steri strips.</li> <li>• Bruising and some swelling are common in women after surgery.</li> <li>• A low-grade fever (under 100°F) is normal the day after surgery.</li> </ul> | <p><b>傷口（疤痕）和包紮護理</b></p> <ul style="list-style-type: none"> <li>• 您的傷口（疤痕）同時具有縫線和免縫膠帶（白色膠帶小片），並覆蓋有紗布和膠布或膠貼。</li> <li>• 紗布和膠布：不要移走紗布，免縫膠帶或拆縫線。如果包紮自行脫落，不要試圖更換它。</li> <li>• 紗布和紙帶包紮：手術後兩日可能要換包紮。要小心，不要觸摸或移去縫線和免縫膠帶。</li> <li>• 手術後兩日，你就可以淋浴。淋浴後需擦乾膠帶包紮或免縫膠帶。</li> <li>• 瘀傷和腫脹是女性手術後常見的。</li> <li>• 手術後一天的低溫發燒（華氏 100 度以下）是正常的。</li> </ul> |
| <p><b>Activity</b></p> <ul style="list-style-type: none"> <li>• Avoid strenuous activity, heavy lifting, and</li> </ul>  | <p><b>活動</b></p> <ul style="list-style-type: none"> <li>• 避免劇烈的活動，搬重物和做劇烈</li> </ul>   |

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| <p>vigorous exercise until the stitches are removed. Tell us what you do and we will help you make a personal plan for "what you can do when" after surgery.</p> <ul style="list-style-type: none"><li>• Walking is a normal activity that can be restarted right away.</li><li>• No strenuous housework until after your first post-operative visit. No driving while you are on medication.</li><li>• Most people return to work within 1-2 weeks. Return to work varies with your type of work, your overall health and personal preferences. Discuss returning to work with us.</li></ul> | <p>的鍛煉，直到拆線為止。告訴我們你平時做什麼，我們會幫你做一個手術後：「你可以做甚麼」的個人計劃。</p> <ul style="list-style-type: none"><li>• 散步是手術後可以立刻開始的活動。</li><li>• 直到你的第一個手術後的覆診為止，不可做勞碌的家務。服藥期間不可駕駛。</li><li>• 大多數人一、兩個星期之內可回復工作。復工期是根據你工作類型、整體健康和個人喜好而定。請與我們討論復工問題。</li></ul> |
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