

部分乳房腫瘤切除術與腋窩淋巴結剖割

Lumpectomy/Partial Mastectomy with Axillary Lymph Node Dissection

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<p>Instructions Before Surgery</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">• You may be able to go home the same day, but generally will stay overnight in the hospital after your lumpectomy/ partial mastectomy. 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).• NOTHING TO EAT OR DRINK AFTER MIDNIGHT on the night before your surgery. Any medications that	<p>手術前說明</p> <p>下面的資訊將幫助您為即將要做的手術作好準備。我們希望這些資訊可以令您感到對做手術較放心。如果您對說明書有任何疑問，請與乳房護理中心的工作人員聯絡。</p> <ul style="list-style-type: none">• 在做切除乳房手術後，您可以當天回家，但通常會在醫院過夜。如果醫療上有需要，您可能會留院更長的時間。您需要有一個負責任的成年人開車送你回家。如果允許當你服用了任何降低你反應能力的藥物（麻醉，止痛藥，或任何用減輕焦慮的藥物）在手術後自己開車回家是不安全和違反醫院政策的。• 從手術前一晚的午夜開始要禁止飲食。您長期性要服用的藥物應

you take routinely should be taken at the usual time with a sip or two of water. People with diabetes, heart disease, and 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 supplement 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 if you stay overnight in the hospital:
 - **DO NOT BRING VALUABLES**, or give them to family/friends
 - Personal items (toothbrush, toiletries, pillow, ear-plugs)
 - Slippers, extra socks
 - Tape player and headphones, favorite music, books on tape
 - Bathrobe open in front, button or zipper sweater or bed jacket
 - Light reading
 - Important telephone numbers

以一小口或兩小口水去如期服用。有糖尿病，心臟疾病和其他疾病的患者，應該聯繫主診醫生以取得適當的指示。如果你正在服用 Coumadin® 或其他稀血藥物，請告知我們。

- **不要在您手術前 10 天內服用阿司匹林(aspirin) 或含有阿司匹林的藥物。**服用泰諾(Tylenol)倒是可以的。在手術 2 週前或盡快要停止服用維生素 E。服用在多種維生素裡的維生素 E 卻是沒有問題的。
- 穿著舒適的衣服：兩件式鬆身裝，前面是拉鍊或衫鈕是最容易穿上。請攜這類衣服帶進院。
- 推薦攜帶以下物品帶到醫院：
 - 將貴重物品給家人/朋友，**不要攜帶貴重物品進院**
 - 個人用品（牙刷，拖鞋，枕頭，耳塞）
 - 拖鞋，額外的襪子
 - 小型唱機和耳機，您喜歡的音樂，有聲書籍
 - 可在前面打開的浴衣、有衫鈕或拉鍊的毛衣或睡衣
 - 休閒讀物
 - 重要電話號碼

<p>-A supportive bra NO UNDERWIRE, (sport 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 make you more comfortable.</p>	<p>- 穿戴一個有承托力而沒有鋼圈的胸圍，（運動胸罩或在前面鈎的胸罩），請在手術後的3-4天之內，甚至當你睡眠時都戴胸罩。這將術後出血減到最少，並會令你更舒適。</p>
<p>Pain Management</p> <ul style="list-style-type: none"> • 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. • 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. • An ice pack may be helpful to decrease discomfort and swelling, particularly to the armpit after a lymph node dissection. A small pillow positioned in the armpit may also decrease discomfort. • 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. Do not use narcotics while driving. 	<p>管理疼痛策略</p> <ul style="list-style-type: none"> • 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能更有效地控制痛楚。 • 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。 • 特別腋下做了淋巴結清術後，冰袋可能有助於減少不適和腫脹。一個小枕頭放置在腋下可降低不適。 • 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。

<ul style="list-style-type: none"> • Narcotics can also cause or worsen constipation, so try to increase your fluids, eat high fiber foods (like prunes and bran), and make sure you are up, out of bed, taking small walks. • Although you will not have felt it 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. 	<ul style="list-style-type: none"> • 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），並要多下床散步。 • 在手術期間雖然你可能沒有感覺，也不會記得曾經有一條管放在喉嚨。但這往往會在手術後令你有幾天喉嚨痛。
<p>Incision (Scar) and Dressing Care</p> <ul style="list-style-type: none"> • Your incision (scar) has both stitches and steri strips (small white strips of tape) and is covered by a gauze dressing or a plastic dressing or tape. • 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. • 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. • You may shower two days after surgery. Pat dry your plastic dressing or steri strips. • Bruising and some swelling are common in women after surgery. • A low-grade fever (under 100°F) is normal the day after surgery. 	<p>切口（疤痕）和包紮護理</p> <ul style="list-style-type: none"> • 您的切口（疤痕）同具有縫口線和免縫膠帶（白色膠帶小片），並覆蓋有紗布和膠布或膠貼。 • 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。 • 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。 • 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。 • 瘀傷和腫脹是女性手術後常見的。 • 手術後一天的低溫發燒（華氏100度以下）是正常的。
<p>Jackson-Pratt (JP) drain</p> <ul style="list-style-type: none"> • You may have a Jackson-Pratt (JP) drain after your 	<p>傑克遜·普拉特JP引流瓶</p> <ul style="list-style-type: none"> • 手術後，你可能會有一個傑克

<p>surgery. This drain is a plastic tube from under the skin to outside your body with a bulb attached to it. A nurse will teach you how to empty your drain prior to going home from the hospital. Empty the drain 2-3 times per day or when the bulb is full. Write down the amount drained on a sheet of paper. An information sheet on the JP drain is included in your binder.</p>	<p>遜·普拉特(JP)引流瓶。這個引流瓶是經由皮膚下插入塑料管，然後連接到身體外的瓶子。引流瓶每天需清空2-3次，或當瓶子滿了也需要清空。每一次清空都寫下液體的流量。你的護士會教你如何清空該引流瓶。在您的資料夾內有JP引流瓶的資料。</p>
<p>Activity</p> <ul style="list-style-type: none"> • Avoid strenuous activity, heavy lifting, and vigorous exercise until the stitches are removed. Tell us what you do and they will help you make a personal plan for "what you can do when" after surgery. • Walking is a normal activity that can be restarted right away. • No housework, no driving until the drain is out. You may restart driving when you are no longer on narcotics and you feel safe turning the wheel and stopping quickly. • Following a lymph node dissection, don't avoid using your arm, but don't exercise it until your first post-operative visit. Please review "Protecting Your Arm" on page 15 of the California State Guide "A Woman's Guide to Breast Cancer Diagnosis and Treatment" for prevention of infection and lymphedema (swelling of the arm). • You will be given exercises to regain movement and 	<p>活動</p> <ul style="list-style-type: none"> • 直到拆線被刪除，○ 避免用力的活動拿重物和劇烈運動，告訴我們你做什麼，他們會幫你做一個個人的計劃，手術後“你可以做什麼”。 • 散步是正常的活動，可以馬上再開始。 • 直至流管被拿走，你不能做家務，不能駕駛。到你不再需要用受監控的止痛藥，可以安全將車轉彎並快捷地停下來時，你便可重新駕駛。 • 繼淋巴結清掃術後，不需要避用你的胳膊，但直到你手術後的第一個複診，卻不要做手臂運動。請查看加利福尼亞州指南書“女士的乳腺癌診斷和治療指南”的第15頁“保護你的胳膊”以預防感染和淋巴水腫（手臂腫脹）。 • 鍛煉可以幫助您恢復（手術那一

flexibility (on the surgical side). You may be referred to Physical Therapy for additional rehabilitation if it is needed.

- Most people return to work within 3 to 6 weeks. Return to work varies with your type of work, your overall health and personal preferences. Discuss returning to work with your physician or nurse.

Diet

- You may resume your regular diet as soon as you can take fluids after recovering from anesthesia.
- We encourage 8-10 glasses of water and non-caffeinated beverages per day, plenty of fruits and vegetables, and lower fat foods. Talk with us about recommendations for healthy eating.
- A nutritionist is available for consultation in the Breast Care Center. Call the front desk to schedule an appointment.

Follow-Up Care

- The pathology results from your surgery should be available within one week after your surgery.
- We will contact you by telephone with the results or will inform you at your post-operative visit. Please let us know the telephone number where you may be reached with the results.
- Follow-up appointments are generally made before surgery with your physician and a nurse. Your sutures will be removed in approximately 10-14 days.

邊) 活動能力和靈活性。如有需要, 你可以被推介到物理治療部做附加的康復運動。

- 隨你的工作類型, 你整體健康和個人喜好, 大多數人在 3 至 6 個星期內可返回工作。你可與你的醫生或護士討論何時可恢復工作。

飲食

- 你從麻醉藥蘇醒過來可以喝液體後, 便可以很快恢復您的正常飲食。
- 我們鼓勵你每天喝 8-10 杯水或不含咖啡因的飲料, 吃大量的蔬菜水果和降低脂肪的食物。你可與我們討論建議你健康的飲食。
- 在乳房護理中心有一位營養師可與你諮詢。請打電話到招待處預約。

後續護理

- 您手術的病理結果應該在手術後一周內收到。
- 這些結果我們將通過電話或在您手術後複診時通知您。請告訴我們你的電話號碼讓我們可以告知你的結果。
- 通常由外科醫生和一名護士在手術之前與您預約複診日期。您的縫合線將大約在 10-14 天被除

Call the Breast Care Center if you do not have or remember an appointment.

Call the surgery number at the Breast Care Center for the following problems, any unanswered questions, or emotional support needs. Ask to speak with a nurse during the day. After business hours, your call will be forwarded to the answering service to reach your doctor or the doctor on call.

- Pain that is not relieved by medication
- Fever more than 100° F or chills
- Excessive bleeding (a bloody dressing)
- Excessive swelling
- Redness outside the dressing
- Discharge or bad odor from the wound
- Allergic or other reactions to medication(s)
- Constipation (no bowel movements)
- Anxiety, depression, trouble sleeping, need more support

去。如果你沒有或不記得複診日期，請致電乳房護理中心。

如有以下問題，或任何未有答案的問題，或需求精神支持，請致電乳房護理中心。白天營業時間中請找值班護士。營業時間過後，您的電話將被轉到接線生，幫你去找你的醫生或值班醫生。

- 藥物不能緩解疼痛
- 發燒超過華氏 100 度以上或發抖
- 失血過多（傷口敷料上很多血）
- 過度腫脹
- 傷口敷料外面皮膚發紅
- 傷口發出難聞的血水或氣味
- 對藥物有過敏或其他的反應
- 便秘（沒有大便）
- 焦慮，抑鬱，睡眠障礙，需要更多的精神支持