

## 乳房切除術：手術前解說

### Mastectomy: Instructions Before Surgery

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<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>• You will generally stay overnight in the hospital after your 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).</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 other illnesses should contact their primary care physicians for directions. Inform us if you are taking Coumadin®</li></ul>	<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對做手術感到較放心。如果您對說明有任何疑問，請與乳房護理中心的員工聯絡。</p> <ul style="list-style-type: none"><li>• 在做切除乳房手術後，您通常會在醫院過夜。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。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），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>• 在手術前的一晚從午夜開始禁止飲食。您要服用的長期性藥物應以小一口或兩小口水去如期服用。患有糖尿病，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。</li></ul>

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. Some women prefer a loose dress with a zipper or buttons in front. Please bring it with you.
- Recommended items to bring with you to stay in the hospital:
  - **DO NOT BRING VALUABLES**, or give them to family/friends
  - Personal items (toothbrush, toiletries, pillow, earplugs)
  - 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
- If you have not chosen immediate reconstruction we will give you information about a temporary breast form/softee. If you have chosen reconstruction, consult the specific information given to you by your nurse.

- 在手術前 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。在手術前兩個星期或盡快應停止服用維生素 E。服用在多種維生素裡面的維生素 E 卻是沒問題的。
- 穿著舒適的衣服：兩件式鬆身衣服，前面是拉鍊或衫鈕是最容易穿上。有些女性喜歡鬆身裙子，前面是拉鍊或衫鈕。請攜帶這類衣服進院。
- 推薦攜帶以下物品進院：
  - 將貴重物品給家人/朋友保管，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，喜歡的音樂，有聲書籍讀物
  - 可在前面打開的浴衣、有衫鈕或拉鍊的毛衣或睡衣
  - 休閒閱讀書刊
  - 重要電話號碼
- 如果你沒有選擇立即做乳房重建手術，我們會給你一個臨時的乳房模型 (softee)。如果你選擇了做乳房重建手術，請諮詢您護士給你具體的信息。

## Pain Management

- 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.
- 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.
- Narcotics can also cause or worsen constipation, so increase your fluids, eat high fiber foods (like prunes and bran) and make sure you are up, out of bed, taking small walks.
- 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.

## 管理疼痛策略

- 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。
- 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，也可以減輕疼痛。你也可能獲得 Vicodin 處方®或其他受監控止痛藥去減輕中度的疼痛。
- 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。用受監控類止痛藥後不要駕駛。
- 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。
- 冰袋可能有助於減少不適和腫脹，特別腋下做了淋巴結清除術後。一個小枕頭放置在腋下也會降低不適。

<ul style="list-style-type: none"> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• 手術期間，雖然你可能沒有感覺，也不會記得有一條管放在喉嚨。但這往往會在手術後使你有幾天喉嚨痛。</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 steristrips (small white strips of tape) and is covered by a gauze dressing and tape or a plastic dressing.</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. You may shower two days after surgery. Pat dry your plastic dressing or steri strips.</li> <li>• You will have a Jackson-Pratt (JP) drain after your surgery. This drain is a plastic tube from under the skin to outside your body with a bulb attached to it. Empty the drain 2-3 times per day or when the bulb is full. Write down the amount drained on a sheet of paper. Your nurse will teach you how to empty your drain. An information sheet on JP drains is included in your binder.</li> </ul>	<p><b>切口（疤痕）和包紮護理</b></p> <ul style="list-style-type: none"> <li>• 您的切口（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。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>• 手術後，你會有一個傑克遜·普拉特(JP)的引流瓶。這個引流瓶是經由皮膚下的塑料管，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。</li> </ul>

<ul style="list-style-type: none"><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><li>• A home care nurse may be assigned to check your progress at home.</li></ul>	<ul style="list-style-type: none"><li>• 瘀傷和腫脹是女性手術後常見的。</li><li>• 手術後的低溫發燒（華氏 100 度以下）是正常的。</li><li>• 家庭護理可能被分配到你家裡跟你手術後的復原進度。</li></ul>
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