

PREPARING FOR ENHANCED RECOVERY AFTER MINIMALLY INVASIVE SURGERY

微創手術後盡快康復之備錄



Expectations for prior to Minimally Invasive Surgery

微創手術前一天的需知事項

- You may be given a short exercise regimen to help prepare for surgery. Please do the exercises as instructed.
爲了要準備做微創手術，您可能會給以一個短期的運動方案去先鍛煉好身體。請遵循指示去練習。
- On the day before surgery there are no dietary restrictions and you may eat what you like.
在做手術之前一天並沒有什麼飲食限制，您可以隨意吃您喜歡的食物。
- Starting at midnight before your surgery, you may continue to drink clear liquids **only**.
從您手術日前一天的午夜開始，您**只可以**飲清澈的液體。
- If you were given Boost Breeze, a carbohydrate rich beverage, you should consume it between 2 and 4 hours prior to surgery.
如果您被給以一種 Boost Breeze 牌子的碳水化合物類的飲料，您應該在手術前2-4小時之間飲用。
- You can substitute 16 oz. of Gatorade or filtered apple juice for Boost Breeze.
您也可以用16盎司的佳得樂 Gatorade 或已過濾的蘋果汁替代Boost Breeze 牌的飲料。
- You **must** stop drinking 2 hours prior to surgery. If you continue to drink or drink anything other than water or Boost Breeze between midnight and 2 hours prior to your surgery, then the anesthesia doctors will cancel your surgery for safety reasons.
在手術前2小時，您必須停止喝任何飲料。在從午夜到手術前兩個小時之間，除了水和 Boost Breeze，您也**必須**停止飲喝其他飲料。爲了安全之故，如果您在這段時間之內有繼續喝其他飲料，麻醉醫生就會取消您的手術。

Expectations for the evening of surgery

手術前一晚的需知事項



- It is possible that you may go home the same day as your surgery if you are feeling well enough and your pain is controlled. In that event, you will receive discharge instructions before you go home.
如果你感覺好和控制了你的疼痛，你可能會在手術的同一天回家。在這種情況下，你會在回家之前獲得出院指示。
- If you stay overnight, your nurse will help you out of bed 6 hours after surgery.
如果您需要留在醫院過夜，您的護士會在手術後6小時幫您下床。
- Your bladder catheter will likely be removed 6 hours after surgery and you will be able to urinate on your own.
您的導尿管會在做了手術6小時後被移除，之後您便能夠自己小便。
- You will have access to oral pain medications to ensure that you are as comfortable as possible.
你可使用口服的止痛藥物，以確保您盡可能舒適。



Expectations for the morning after surgery

手術後翌晨需知的事項

- You will likely be able to eat a regular diet as the first meal following your surgery.
您在手術後翌日的第一餐或許可以正常飲食。
- If you stay overnight in the hospital or are discharged the same day, a responsible adult must be available to receive instructions about your care and to drive you home.
如果您需要留院過夜或在當天出院，都要有一位有責任感的成人聽取關於照顧您的指引及送您回家。
- Depending on your type of surgery, your surgeon may ask that you use an injectable medicine at home to prevent blood clots. On the morning after surgery, a nurse will instruct you or a family member on how to give yourself these shots for four weeks after surgery.
根據您手術之類型，您的醫生可能會要求您在家中使用注射型之藥物以防止血液凝固。在手術後的早上，護士會指導您或您的家人在未來的四星期內如何給自己注射。



Expectations for home

回家後需知的事項

- You will be sore after surgery and may need to take pain medications.
在手術後您會有疼痛，可能需要使用止痛藥物。
- You should consider having a family member or friend assist you at home as you recover.
在您康復期間，您應該考慮有一個家人或朋友在家裡幫助您。
- You will be able to reach your surgeon's office by phone if you have concerns at 415.353.9600.
如果您有擔憂，可以致電 415.353.9600 與您的外科醫生辦公室聯絡。