

婦科手術後出院須知

全身麻醉後

- ◆ 全身麻醉甦醒後的數小時內，可能會感覺喉痛，一至兩日內可能仍有肌肉酸痛
- ◆ 傷口可能會有疼痛，請按時服止痛藥
- ◆ 全身麻醉後的廿四小時內，可能仍有睡意，請勿：
 - 駕駛或操作機械
 - 飲用含酒精的飲料 (包括啤酒)，服用鎮靜劑/安眠藥
 - 作任何重要決定和簽署重要文件
- ◆ 如發現下列情況，請即回最近的醫院急症室求診：
 - 持續性發高燒 (超過攝氏38度或華氏100度)
 - 傷口有紅、腫、熱、痛等感染徵狀
 - 陰道流血突然增加/有異味
- ◆ 日間手術病人，須留院至清醒及感覺舒適為止，若醫生認為情況滿意，可即日出院，否則須留院接受觀察及接受治療
- ◆ 手術後最好由成年親友陪伴出院，請於下午八時前接出院

傷口護理

腹腔鏡手術的傷口

- ◆ 出院前，護士會替你清潔傷口及貼上防水膠布，但須注意保持膠布及傷口乾爽。回家後可如常淋浴，注意乾膠布
- ◆ 手術後第五天可自行拆去膠布，無需再蓋上任何敷料

剖腹手術的傷口

- ◆ 手術後約五至七日可拆除縫線或夾子(若已出院，可依時回院拆線)
- ◆ 若果傷口癒合理想，可如常清潔皮膚

經陰道切除術的傷口

腹部並沒有傷口，因此不需要拆線

陰道出血

手術後，陰道有少量出血是正常的現象，一般是經血狀/血水狀，持續一至兩星期，流量會逐漸減少

覆診

請依指定日期接受覆診及檢查

飲食

保持均衡飲食，有助傷口復原

個人衛生

- ◆ 應每天沐浴
- ◆ 如有陰道出血，要常更換衛生巾及清潔下身

日常生活

- ◆ 及早運動對康復極有幫助，可減少腹脹及腹痛
- ◆ 可恢復日常活動，但要避免劇烈運動和行房，直至覆診為止


如有任何查詢，請聯絡主診醫生

以上資料由瑪麗醫院婦產科提供



瑪麗醫院
Queen Mary Hospital

婦科手術後出院須知 DISCHARGE INFORMATION AFTER GYNAECOLOGICAL OPERATION

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DISCHARGE INFORMATION AFTER GYNAECOLOGICAL OPERATION

After General Anaesthesia

- ◆ Your throat may feel sore for a few hours, and you may have muscle ache for one or two days
- ◆ There may be pain related to the surgical wound. Analgesics may be given by your doctor and should be taken as prescribed
- ◆ You may feel drowsy within 24 hours after General Anaesthesia, you should not:
 - Drive or operate machinery
 - Drink any alcoholic drinks including beer
 - Take tranquillizer or sleeping pills, make any important decision and sign any important document
- ◆ Attend Accident and Emergency Department of nearby if you experience the followings:
 - Persistent high fever (at or above 100 degree F or 38 degree C)
 - Signs of wound infection
 - Increase in vaginal bleeding or foul-smelling vaginal discharge
- ◆ For those day surgery, you will stay in ward until you are fully

conscious and reasonably comfortable. You will be discharged on the same day if your doctor is satisfied with your condition. Otherwise, you may have to stay in hospital overnight

- ◆ A RESPONSIBLE adult must accompany you HOME on discharge. The escort must come to pick you not later than 8p.m.

Wound Care

Laparoscopic Wound

- ◆ Waterproof dressing will be applied before discharge, and it is to be removed five days after the operation
- ◆ Normally, no further dressing is required
- ◆ Daily shower is advised

Laparotomy Wound

- ◆ Surgical sutures or clips will be removed in about five to seven days after the operation (or after discharge)
- ◆ If the wound is well, daily shower is advised

- ◆ If the wound healing is satisfactory, sterile dressing is not required

Vaginal Approach Operation Wound

There is no external wound on the abdomen and removal of suture is not necessary

Vaginal Bleeding

Small amount of vaginal bleeding is normal post-operatively. It is usually menstrual like or water blood-stained. The bleeding will be getting gradually lighter and will be getting gradually lighter and will usually stop within 1-2 weeks

Follow up

Attend your follow up visit on scheduled date and time

Nutrition

A balanced diet is recommended after the operation to promote wound healing

Personal Hygiene

Daily shower to keep personal hygiene and frequent change of sanitary pads during the period of vaginal bleeding are necessary

Daily Activities

- ◆ It is recommended to start early ambulation after the operation as it is beneficial for recovery
- ◆ For patient after laparoscopic operation, adequate mobilization can reduce abdominal distension which is a major cause of wound pain
- ◆ Daily activities can be resumed
- ◆ Sexual activities and vigorous exercise should be avoided until the follow up assessment

Should you have any queries, please consult your doctor-in-charge

Information provided by the Department of Obstetrics and Gynaecology, Queen Mary Hospital