

## 婦科腫瘤手術後出院須知

### 傷口護理：

#### 剖腹手術傷口：須拆除縫線/夾子

- ◆ 手術後腹部會有傷口，並蓋上敷料
- ◆ 保持傷口乾爽，夾子或縫線未除去前，切勿洗澡
- ◆ 夾子或縫線一般會於第五至十四天拆除
- ◆ 當拆線後，若傷口癒合理想會貼上防水敷料。此後可如常淋浴並注意抹乾膠布，保持傷口乾爽

#### 敷料可於拆線後三至四天自行除去 不須拆除縫線/夾子

- ◆ 一般皮內縫合傷口手術線可自行溶解，不需要拆線
- ◆ 手術後十天後可自行脫去傷口表層敷料
- ◆ 之後可如常淋浴，浴後傷口用毛巾印乾
- ◆ 貼在傷口處的小型膠布可待自行脫落
- ◆ 如傷口痊癒未如理想，請依照醫生指示，清洗傷口

#### 腹腔鏡手術傷口：

- ◆ 手術後腹部會有三至六個微細手術傷口
- ◆ 通常手術傷口不需拆線
- ◆ 出院時護士會替你清潔傷口及貼上防水膠布，回家後可如常淋浴並注意抹乾膠布，保持傷口乾爽
- ◆ 敷料可於手術後三至四天除去
- ◆ 如傷口痊癒未如理想，請依照醫生指示，清洗傷口

#### 外陰傷口：

- ◆ 手術傷口通常不需拆線
- ◆ 建議使用溫水(已煮沸)至少每日兩次或在有需要時清洗，並應每天洗澡
- ◆ 應時常更換衛生巾
- ◆ 穿著舒適鬆身衣服

#### 腹股溝傷口：

- ◆ 保持傷口乾爽，夾子或縫線未除去前，切勿浸浴

- ◆ 夾子或縫線一般會於第七至十天拆除
- ◆ 當拆線後若傷口癒合理想，會貼上防水敷料。此後可如常淋浴並注意抹乾膠布，保持傷口乾爽
- ◆ 敷料可於拆線後三至四天自行除去
- ◆ 如傷口痊癒未如理想，請依照醫生指示，清洗傷口

#### 導尿管：

- ◆ 手術時放置了的導尿管可於手術後十至十四天除去
- ◆ 使用溫水(已煮沸)清洗下身，減少感染
- ◆ 保持輸尿管暢通，避免扭結及尿液倒流
- ◆ 每隔四至六小時放尿，並於放尿前及後以消毒火酒綿消毒尿袋出口咀
- ◆ 觀察尿液顏色及記錄容量
- ◆ 喝足夠水份(每天六至八杯)

#### 陰道出血：

- ◆ 少量陰道出血是正常現象
- ◆ 一般持續一至兩個月，並會逐漸減少
- ◆ 應常更換衛生巾

#### 營養：

- ◆ 均衡飲食，有助傷口痊癒

#### 日常生活：

- ◆ 可逐漸恢復日常活動
- ◆ 避免劇烈運動和行房，直至覆診完成評估為止

#### 個人衛生：

- ◆ 保持個人衛生，如有陰道出血，要經常更換衛生巾

#### 特別事項：

- ◆ 請勿自行購買未經醫生處方的消毒藥水清洗傷口
- ◆ 沒有醫生指示，切勿進行陰道灌洗
- ◆ 如有以下徵狀，請即求醫：

- a. 持續高燒 {>100°F 或 38°C}
- b. 傷口發炎: 如發紅、疼痛、腫脹或有異味分泌
- c. 經血增加
- d. 大量陰道分泌物或有異味
- e. 腸脫垂
- f. 膀胱脹痛，尿液減少或顏色改變(如血尿)

#### 其他事項：

- ◆ 一般會於手術後兩星期或以個別病情安排日期覆診
- ◆ 如有導尿管，一般會於手術後十至十四天安排入院拆除及進行膀胱訓練
- ◆ 如有需要，醫生會發出病假紙
- ◆ 病人出院記錄副本(discharge summary)亦會於出院時提供

如有任何疑問，請向病房護士查詢

以上資料由瑪麗醫院婦產科提供。



瑪麗醫院  
Queen Mary Hospital

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## DISCHARGE INFORMATION AFTER GYNECOLOGICAL ONCOLOGY SURGERY

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## DISCHARGE INFORMATION AFTER GYNECOLOGICAL ONCOLOGY SURGERY

### Wound Care

#### For Laparotomy Wound:

##### **Requiring sutures/staples removal**

- ◆ You will have a vertical or horizontal wound on your abdomen after surgery
- ◆ Keep your wound dressing intact and dry, and avoid shower before removal of sutures/staples
- ◆ Sutures/staples will usually be removed on day 5 to 14 after surgery
- ◆ If the wound is well, water proof dressing will then be applied and daily shower is advised
- ◆ Water proof dressing should be removed in 3 to 4 days after removal of sutures

##### **Not requiring sutures/staples removal**

- ◆ For subcuticular wound not requiring staples removal, the outer dressing can be removed 10 days after the operation

- ◆ Shower can then be resumed. Use clean towel to dab dry the wound after bath and let the sterile strips covering the wound peel off later by itself

- ◆ Further wound dressing may be required if wound healing is not well

#### For Laparoscopic Wound:

- ◆ Usually there will be 3-6 small incisional wounds over abdomen
- ◆ Usually no suture removal is required
- ◆ Water proof dressing will be applied before discharge and daily shower is advised
- ◆ Water proof dressings should be removed in 3 to 4 days after discharge
- ◆ Further wound dressing is required if wound healing is not well

#### For Vulval Wound:

- ◆ Usually no suture is required to be removed after surgery

- ◆ Vulval swabbing with warm boiled water twice daily or when necessary
- ◆ Use and change sanitary pad frequently
- ◆ Wear loose clothing for comfort

#### For Groin Wound:

- ◆ Keep your wound intact, dry and avoid shower before removal of sutures
- ◆ Sutures will usually be removed on day 7 to 10 after surgery
- ◆ After removal of sutures, water proof dressing will be applied if the wound is well and daily shower is advised
- ◆ Water proof dressing should be removed in 3 to 4 days after removal of sutures
- ◆ Further wound dressing is required if wound healing is not well

#### Care of Urinary Catheter:

- ◆ Urinary catheter will be removed on day 10 - 14 after surgery
- ◆ Daily perineal swabbing with warm boiled water is required or when necessary, to prevent infection

- ◆ Ensure urinary catheter is patent, avoid kinking and back flow of urine
- ◆ Empty the urine bag regularly (~ 4 to 6 hours) or when necessary
- ◆ Use the alcohol swab to wipe the outlet before and after emptying the urine bag

- ◆ Observe the color and document the amount of urine

- ◆ Ensure adequate fluid intake

#### Vaginal Bleeding:

- ◆ Small amount of vaginal bleeding is normal
- ◆ The vaginal bleeding usually lasts for 1 to 2 months and will gradually get less
- ◆ Use and change sanitary pads frequently

#### Nutrition:

- ◆ A balanced diet is recommended in order to promote better wound healing and early recovery

#### Daily activities:

- ◆ Resume normal daily activities gradually after surgery
- ◆ Sexual activities and vigorous exercise are not recommended until reassessed by the doctor

#### Personal Hygiene:

- ◆ Keep good personal hygiene all the time and change sanitary pad frequently

#### Special Information:

- ◆ Avoid using any disinfectant to clean the wound without instructions
- ◆ Avoid vaginal douching unless you are told to do so
- ◆ Attend the nearest emergency department if you have the following symptoms:
  - Persistent high fever (> 100°F or 38°C)
  - Signs of wound infection (redness / severe pain / swelling / foul smelling abnormal discharge)

- Increase vaginal bleeding
- Copious or foul smelling vaginal discharge
- Prolapse bowel
- Bladder distension or pain, red colored urine and decrease in urine output

#### Follow Up:

- ◆ You will be scheduled to attend a follow up in about 2 weeks after discharge, depending on the individual's condition
- ◆ If you have urinary catheter, you will usually be readmitted on day 10 - 14 for the removal of catheter and bladder training
- ◆ Sick leave will be provided for you if required
- ◆ Discharge summary will be issued upon discharge

Should you have any queries, please contact the ward nurse

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