

## 日間手術病人須知 (全身或局部麻醉)

### 手術前的準備

- ◆ 禁止飲食
  - 全身麻醉：午夜十二時後，禁止進食任何固體或流質食物，包括清水，否則手術會被取消
  - 局部麻醉：只需在手術當天早上八時開始禁飲食
- ◆ 禁止吸煙
  - 二十四小時前禁止吸煙
- ◆ 藥物
  - 如須長期服用藥物，請預先通知醫生，並遵照指示服藥，手術當天早上可以小量開水送服
- ◆ 皮膚護理
  - 清潔皮膚可以減少細菌感染，注意點如下：
    - 手術前一晚要沐浴
    - 清潔陰部及肚臍
    - 沖乾泡沫
    - 勿使用爽身粉或塗抹潤膚露
    - 換上清潔衣服
- ◆ 衣著
  - 穿著鬆身或容易除下之衣物
  - 穿著平底鞋
- ◆ 入院須知
  - 請帶備個人護理用品、廁紙衛生巾、水杯及拖鞋

- 請勿攜帶珠寶首飾、信用卡及手提電話等貴重物品
- 請勿塗抹化妝品、塗甲油、戴髮夾、假髮、隱形眼鏡或水晶甲
- ◆ 準時到達醫院
  - 早上七時前到達瑪麗醫院急症室入院登記處辦理手續，早上七時半後便請到 LG 座地下，入院登記處辦理手續。逾時入院手術可能會被取消

### 手術後護理

- ◆ 手術後須留院直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

### 出院指引

- ◆ 某些麻醉藥的效力可能較持久，因此，手術後最好由成年親友陪伴出院。請勿獨自乘的士回家，以策安全。親友請於下午八時前抵達本院
- ◆ 出院後病人最好有二十四小時的照顧

- ◆ 出院時護士會提供一張覆診咭，註明覆診日期，時間和地點，請依時覆診
- ◆ 全身麻醉後二十四小時，可能仍有睡意。固此切勿：
  - 駕車或操縱有危險之機器或用具
  - 飲用含酒精的飲料（包括啤酒）
  - 服用鎮靜劑或安眠藥
  - 做任何重要決定或簽署重要文件

### 併發症

- ◆ 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的感覺
- ◆ 傷口可能會有些疼痛。請按時服止痛藥
- ◆ 如有下列情況發生，請即返回瑪麗醫院急症室求診
  - 發燒超過華氏100度或攝氏38度
  - 服藥後仍然十分疼痛
  - 持續嘔吐
  - 大量出血或傷口腫脹
  - 感覺有任何令你憂慮的問題


如有任何查詢，請聯絡你的主診醫生

以上資料由瑪麗醫院婦產科提供



瑪麗醫院  
Queen Mary Hospital

## 日間手術病人須知 (全身或局部麻醉) INFORMATION TO PATIENTS FOR DAY SURGERY (General/Local Anaesthesia)

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## INFORMATION TO PATIENTS FOR DAY SURGERY (General/Local Anaesthesia)

### Preparation

- ◆ Fasting
  - For operations under general anaesthesia, you should not eat nor drink (including water) from midnight on the night before surgery. You should not eat nor drink at breakfast time as well
  - For operations under local anaesthesia, no eating/drinking after a light breakfast at 8 a.m.
- ◆ Smoking
  - Do not smoke for at least 24 hours before surgery and anaesthesia
- ◆ Drugs
  - Take all regular medications as required on the morning of surgery with sips of water unless otherwise instructed. The name and dose of any drugs taken must be known and given to your doctors
- ◆ Pre-operative skin preparation
  - To reduce the chance of infection
    - Take a bath with soap or liquid soap the night before coming into hospital for surgery
    - Focusing to clean the perineum & umbilicus
    - Rinse thoroughly
    - Do not use any talcum powder or body

lotion

- Please wear clean clothes
- ◆ Clothing and Personal Items
  - Please wear loose fitting clothing, low heeled shoes on the day of admission
  - Please bring along the following personal items to the hospital: toilet paper, sanitary pads, cup, slippers
  - Please DO NOT wear any jewellery nor bring other valuables including credit cards and mobile phone
  - Please DO NOT wear make-up, nail-varnish, hairpins, wig, contact lens
- ◆ Arrive on Time
  - Please register at the G/F, Accident & Emergency Department, Block J, Queen Mary Hospital before 7 a.m. After 7:30 a.m. Please go to LG for registration. We may not be able to perform the operation for you if you are late

### Post-operative care

- ◆ You will stay in the ward until you are fully conscious and reasonably comfortable. You will be allowed to go home on the same day if your doctor is satisfied with your condition

- ◆ Should your doctor decide that further care is needed, you may have to stay in hospital overnight

### Discharge instructions

- ◆ A RESPONSIBLE adult must accompany you home on discharge and stay with you for 24 hours after operation. Taking a taxi home by yourself is not safe. The escort must come to pick you up not later than 8 p.m. The effect of anaesthetic drugs lasts longer than you think
- ◆ On discharge, you will be given a follow-up card on which the date, time and place for your follow-up will be written
- ◆ You may feel drowsy for the next 24 hours after general anaesthesia. Even in the absence of drowsiness, you **should not:**
  - Drive motor vehicle, operate any machinery nor power tools
  - Consume any alcoholic beverage (NOT even beer)
  - Take any sedative medications
  - Make any important decisions or sign any important documents

### Complications

- ◆ 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
- ◆ Please go to the Accident & Emergency Department, Queen Mary Hospital, if the following arises:
  - Fever at or above 100°F/38°C;
  - Severe pain not relieved by the prescribed analgesics
  - Persistent vomiting
  - Excessive bleeding or wound swelling
  - Or if you are concerned by any problems that may arise

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

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