

下肢靜脈曲張手術

簡介

由於先天性靜脈壁軟或靜脈瓣不健全，使腹腔或下肢靜脈內壓力顯著增大，如患者需長期站立或下肢長期受壓，均容易引致靜脈擴張、伸長及彎曲。

準備工作

- ◆ 全身麻醉手術需禁食六小時
- ◆ 需簽署手術同意書

護理和建議

- ◆ 接受全身麻醉後會感疲倦、渴睡、暈眩，因此需在日間護理中心休息數小時，接受觀察
- ◆ 返家後，應休息最少24小時；最好並由家人照顧
- ◆ 因曾接受全身麻醉或鎮靜劑，致手術後會思睡。故此24小時內切勿：
 - 駕駛汽車、煮食、操作機器或危險工具
 - 飲用含有酒精的飲料及服食含有鎮靜劑的藥物
 - 作出重要決定或簽署文件
- ◆ 手術後偶有喉痛、頭痛、頭暈、嘔吐，靜脈穿刺位發癢等，數天後會自然消失
- ◆ 需要時，可服用止痛藥

飲食

- ◆ 初期可先進食流質；如無不適，可進食固體食物。如常飲食，無需戒口
- ◆ 多吃蔬果及飲水，以避免便秘或用力排便

傷區護理及活動

- ◆ 注意患肢有否麻痺，腳趾膚色是否正常及溫暖
- ◆ 手術後48小時內，避免站立
- ◆ 手術後首48小時需穿著防止靜脈曲張襪
- ◆ 此後只需日間穿著，睡覺前可除下，連續這樣穿著兩週直至覆診，再由醫生決定是否繼續穿著
- ◆ 應天天更換及清洗彈性襪
- ◆ 睡覺時可用枕頭來承高患肢，減少腫脹
- ◆ 坐下時要承高雙腳，切勿交叉，以免腳部的血液循環受阻
- ◆ 可進行足掌運動，增進腳部血液循環
- ◆ 手術後第三日可恢復步行，但避免長時期站立。站立時，應間歇活動雙腳以促進血液循環
- ◆ 手術後第三日可沐浴，沐浴時可用

膠袋包裹或遮蓋傷口。請保持傷口乾爽。切勿隨意除去敷料

- ◆ 傷口痊癒後才可用浴油、爽身粉或摩擦傷口
- ◆ 六星期內避免劇烈運動，如攀高、踏單車、游泳等，或提舉重物，以免影響傷口癒合
- ◆ 請按指示到普通科門診拆除傷口縫線

覆診

- ◆ 請按時覆診
- ◆ 手術後翌日及第三日，中心職員會致電閣下跟進康復情況(只限東華醫院)

併發症

- ◆ 如有下列情況，請立即回院求診
- ◆ 傷口大量出血
- ◆ 傷口爆裂
- ◆ 傷區嚴重疼痛，服止痛藥無效
- ◆ 傷區紅腫，觸痛或有膿性滲液
- ◆ 發熱 (體溫38°C或100°F以上)

如對手術有任何疑問，請致電：

東華醫院: 2559 9399 (辦公時間)

9309 1329 (非辦公時間緊急求助)

瑪麗醫院: 請聯絡主診醫生

以上資料由東華醫院外科部提供。

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OPERATION FOR VARICOSE VEINS OF LOWER LIMBS



OPERATION FOR VARICOSE VEINS OF LOWER LIMBS

Introduction

Varicose veins are dilated, tortuous, superficial veins with incompetent valves. They often are resulted from a congenital or familial predisposition, leading to loss of elasticity of the vein wall. People requiring long periods of standing are particularly prone to varicosities.

Preparation

- ◆ Fasting for 6 hours prior to the operation
- ◆ A written consent is required

Care & Advice

- ◆ After general anaesthesia, you may feel tired, dizzy or weak. You will be observed in our centre for a few hours until you are fit to go home
- ◆ Stay at home for at least 24 hours. A mature adult should accompany you for the first 24 hours. You must avoid:
 - Driving, cooking or operating a motorized vehicle or equipment
 - Taking alcoholic drinks or sedatives
 - Signing any legal document or making important decisions

- ◆ You may have sore throat, headache, vomiting or bruises at the puncture site occasionally. They will subside after a few days
- ◆ Take oral pain-killer if necessary

Diet

- ◆ Start with fluid diet, then resume normal diet after operation
- ◆ Take more fruits and vegetables to prevent constipation

Wound Care and Activities

- ◆ Observe the affected limbs for numbness, abnormal color and circulation
- ◆ In first 48 hours after operation, avoid standing except walking to the toilet
- ◆ Wear the elastic sock for the first 48 hours after operation. Afterwards, only wear it at daytime and remove it before sleeping at night. The elastic sock should be put on for 2 weeks until follow up

- ◆ Change and clean the elastic sock daily
- ◆ While lying or sleeping, elevate the affected limb with a pillow to prevent swelling
- ◆ While sitting, elevate the lower limbs and avoid crossing legs because it will decrease the blood circulation
- ◆ Practise toe exercise to increase the blood circulation of lower limbs
- ◆ On the third day after operation, you can start walking, but avoid prolonged standing
- ◆ On the third day after operation, you can take shower but avoid wetting the dressing. Soap and powder can be used after the wound is healed
- ◆ Avoid strenuous exercises for 6 weeks after operation
- ◆ Keep the wound clean and dry and do not remove the dressing
- ◆ Attend General Out-patient Clinic to remove stitches

Follow up

- ◆ Follow up as scheduled
- ◆ On the first and third day after the operation, our staff will follow you up through telephone interview (Tung Wah Hospital only)

Complications

If you have any of the followings, return to the Accident & Emergency Department of the hospital immediately

- ◆ Excessive bleeding
- ◆ Severe pain despite taking the pain killer
- ◆ Infection (redness, swelling and purulent discharge)
- ◆ Fever (body temperature above 38°C or 100°F)
- ◆ Wound disruption

Should you have any enquiry about the operation, please phone to:

Tung Wah Hospital:

2559 9399 (Office hour)

9309 1329 (Non-office hour emergency)

Queen Mary Hospital: Please consult your doctor-in-charge

Information provided by Department of Surgery, Tung Wah Hospital.