

乳房腫塊切除手術

簡介

乳房腫瘤分為良性及惡性，評估包括臨床檢查，針刺細胞檢驗，超聲波或X光掃描等。假若結果未能確定腫瘤是否惡性，外科醫生會建議病人接受切除腫瘤及抽取活組織細胞檢查。

準備工作

- ◆ 如接受全身麻醉，需禁食六小時
- ◆ 需簽署手術同意書

護理和建議

- ◆ 局部麻醉手術後，如無不適可即日出院
- ◆ 曾接受全身麻醉手術後，可能會有疲倦、暈眩、渴睡，需留在日間護理中心接受觀察數小時
- ◆ 出院後首24小時，需留在家中休息，最好由家人陪伴及照顧
- ◆ 曾接受全身麻醉或鎮靜劑，手術後會思睡。因此24小時內切勿：
 - 駕駛汽車、煮食、操作機器或危險工具

- 飲用含酒精的飲料及服食含鎮靜劑的藥物
- 作出重要決定或簽署文件

- ◆ 手術後，偶有喉痛、頭痛、頭暈、嘔吐，是麻醉後的正常現象；如有靜脈穿刺位發癢，數天後亦會自然消失
- ◆ 請依醫生處方服止痛藥或使用肛門栓劑止痛藥

傷區護理

- ◆ 切勿除去傷口上面的紗布
- ◆ 如傷區週圍數天後有皮膚痕癢，可除去敷料，但仍需保留緊貼傷口的條紋膠紙
- ◆ 可照常沐浴，但不要弄濕傷區部位
- ◆ 傷口是用自動溶解的線縫合，無需拆線
- ◆ 需穿戴合適的胸圍可減輕痛楚

飲食和活動

- ◆ 可如常飲食，無需戒口

- ◆ 愈早活動可緩解輕微痛楚
- ◆ 如無不適，可提早上班或復課

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，需立即往醫院救診

- ◆ 傷口大量出血
- ◆ 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)
- ◆ 傷口爆裂

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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EXCISION OF BREAST LUMP



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Introduction

Breast lump can be classified as benign or malignant. After clinical assessment, Fine needle Biopsy, Ultrasound or X-ray scanning, the surgeon may excise the lump in order to decide whether it is benign or malignant.

Preparation

- ◆ Fasting for 6 hours prior general anaesthesia
- ◆ A written consent is required

Care & Advice

- ◆ After Local anaesthesia, you can go home immediately if there is no discomfort
- ◆ 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

- ◆ 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 that will subside after a few days
- ◆ Take pain killers as prescribed

Wound Care

- ◆ Don't remove the dressing
- ◆ If the wound feels itchy, you can remove the outer dressing but you must leave the sterile strips intact
- ◆ Bathe as usual but keep the wound dry

- ◆ Stitches will be absorbed. Stitches removal is not necessary
- ◆ Wear a suitable bra to support the breasts for reducing pain and swelling after operation

Diet & Activity

- ◆ Resume normal diet
- ◆ Early movement may help to decrease pain

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, you should return to the Accident &

Emergency Department at once:

- ◆ 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.