

疝氣 (小腸氣) 修補手術 - 成人

簡介

體腔內任何器官自腔壁異常地突出，即為疝氣 (小腸氣)。原因是腹壁有弱點，當腹腔內壓力增加，如慢性咳嗽或長期提舉重物，均可導致疝氣形成。常見發生的位置在腹股溝、股、臍或手術切口。

準備工作

- ◆ 如接受全身麻醉手術，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

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

活動

- ◆ 手術後48小時內，祇可作輕微活動。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
- ◆ 手術後初期，打噴嚏或咳嗽時，用手按着傷區，以防爆線及減少痛楚
- ◆ 傷口無痛後，才恢復性生活

傷區護理

- ◆ 請保持傷區敷料清潔乾爽，勿隨意除去

- ◆ 手術後第五日，可除去敷料淋浴。請勿使用肥皂，浴油或爽身粉，以免刺激傷口
- ◆ 傷口用自動溶解的縫線縫合，無需拆線

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，須立即回院求診：

- ◆ 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



瑪麗醫院
Queen Mary Hospital



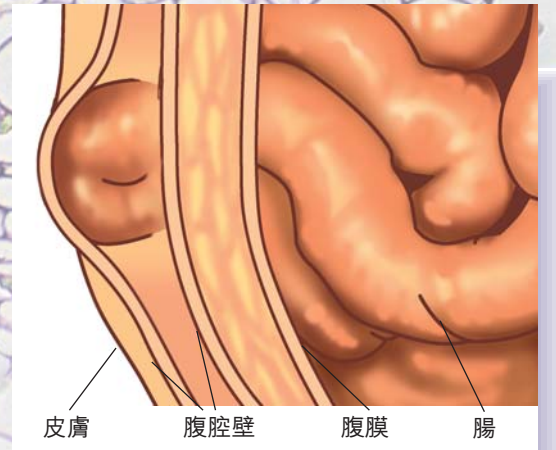
慈育醫院
Tsan Yuk Hospital



葛拿洪醫院
Grantham Hospital

疝氣修補術 (成人)

HERNIA REPAIR (FOR ADULT)



麥理浩復康院
MacLhose Medical
Rehabilitation Centre



SINCE 1870
TWGHs
東華醫院
Tung Wah Hospital
東華三院馮堯敬醫院
Fung Yiu King Hospital



康德公爵夫人兒童醫院
Duchess of Kent Children's Hospital

HERNIA REPAIR (FOR ADULT)

Introduction

Hernia is a protrusion of a sac or part of the bowel through a weak part of the abdominal wall. It may result from physical straining or coughing. It can be inguinal, femoral, umbilical or through incision wound.

Preparation

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

Care and 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

You may resume normal diet after surgery. However, ensure high fibre diet (cereals, vegetables and fruits) to prevent constipation

Activity

- ◆ You can resume light, normal activity as tolerated over the first 48 hours
- ◆ Use your hand to protect the wound when coughing or sneezing to prevent wound disruption and pain
- ◆ Restrict lifting any heavy weight and avoid strenuous exercises for 6 weeks after operation. Lifting will put

pressure on your wound which takes time to heal properly

- ◆ Sexual intercourse must be avoided until wound pain subsided

Wound Care

- ◆ Don't remove the dressing. Keep the wound clean and dry
- ◆ Shower can be taken 5 days after operation. Avoid using soap or powder to the wound. Dry it afterwards
- ◆ Absorbable stitches are used and removal of stitches are not necessary

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

You should go back to hospital if you have any of the followings:

- ◆ 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