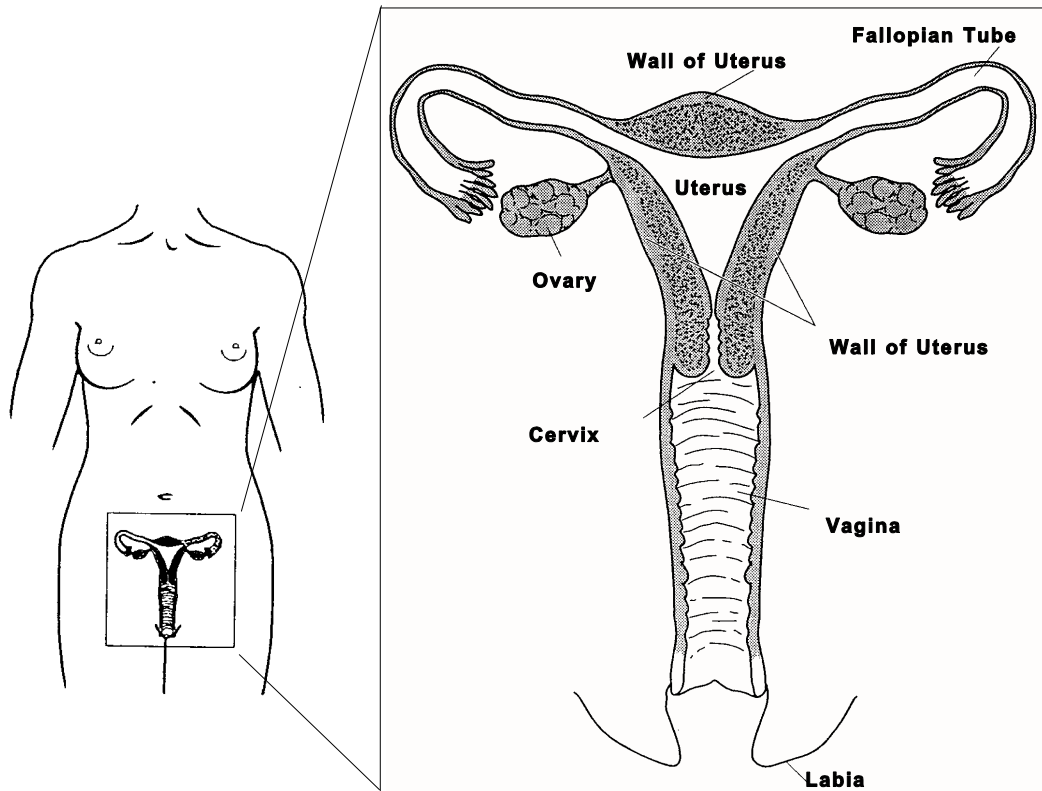


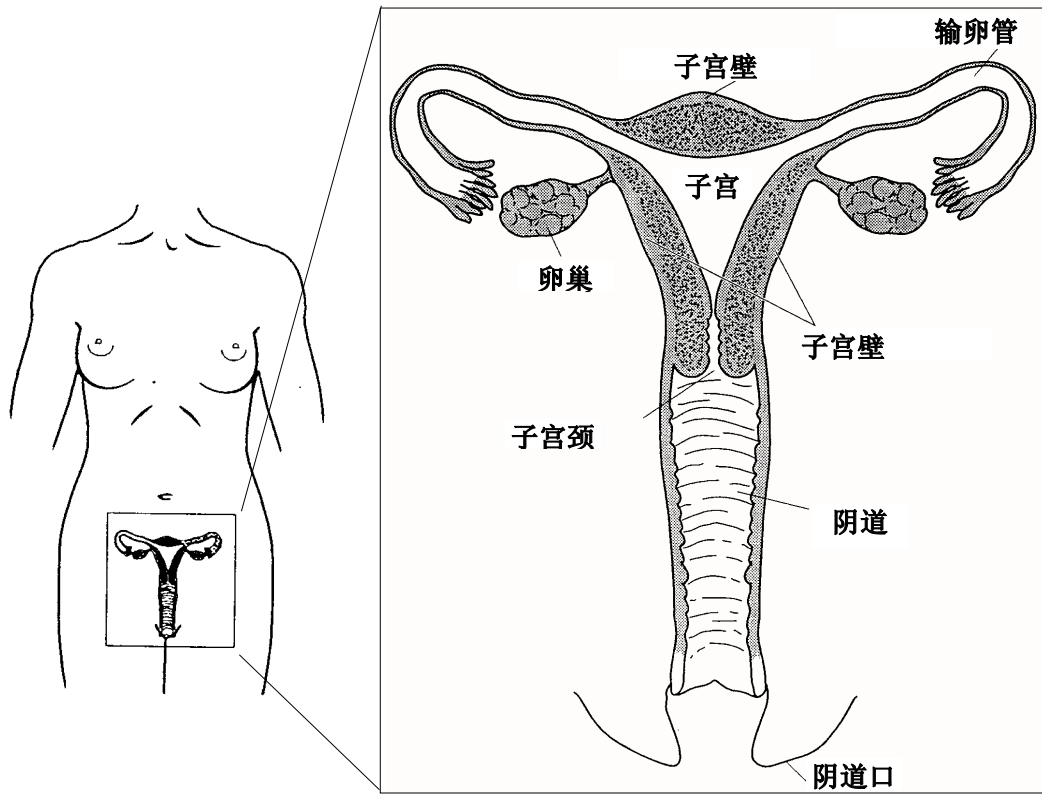
Hysterectomy

A hysterectomy is a surgery to remove a woman's uterus. The uterus is one of the organs of the female reproductive system and is about the size of a closed hand. You can no longer have children after you have your uterus removed and you will no longer have periods (menstruate). If your ovaries are not removed, you will continue to make female hormones.



子宫切除术

子宫切除术是摘除妇女子宫的手术。子宫是女性生殖系统的一个器官，大约有握紧的拳头那么大。摘除子宫后，即丧失生育能力，也不会再有月经。如果卵巢未摘除，身体会继续产生荷尔蒙。



There are different types of hysterectomy surgeries. Ask your doctor what type of surgery you are having and if your cervix, tubes and ovaries are being removed.

- **Vaginal hysterectomy** - the uterus is removed through the vagina. No incision in the abdomen is needed.
- **Abdominal hysterectomy** - the uterus is removed through an incision in the abdomen.
- **Total abdominal hysterectomy** - the uterus with the cervix is removed through the abdomen. The ovaries may or may not be removed.
- **Laparoscopic hysterectomy** – **several small incisions are made in the abdomen and the doctor works through these incisions using a camera and small tools to detach the uterus.** The uterus is removed through the vagina.

To Prepare

- Your doctor may tell you not to take aspirin or ibuprofen for several days before your surgery. If you take aspirin daily, do not stop taking it without asking your doctor first.
- **Do not** eat or drink anything, including water, after midnight before your surgery.
- Ask your doctor if you should take your medicines the morning of your surgery. If so, take with small sips of water only.
- An adult family member or friend will need to take you home when you leave the hospital. It is not safe for you to drive or leave alone.

子宫切除术分不同的种类。请咨询医生您要做的手术是哪一种，以及是否要摘除子宫颈、输卵管和卵巢。

- **经阴道子宫切除术** – 经阴道摘除子宫。毋须在腹部作切口。
- **经腹部子宫切除术** – 在腹部作切口，通过切口摘除子宫。
- **经腹部全子宫切除术** – 通过腹部连子宫颈一起，摘除子宫。卵巢不一定摘除。
- **腹腔镜子宫切除术** – 在腹部开几个小切口，医生使用摄像头和工具，通过切口分离子宫。经阴道摘除子宫。

准备工作

- 医生可能要求在手术前数天忌服阿司匹林或布洛芬。每日服用阿司匹林者，停药前要征求医生同意。
- 手术前一天，午夜后**不要**进食或饮用饮料（包括水）。
- 问医生在手术当天上午是否应照常服药。如果需要，服药时须仅用少量水送服。
- 需要有成年的家属或朋友接患者出院回家。患者手术后单独驾车或独自离开是不安全的。

During Surgery

- You will wear a hospital gown.
- An IV (intravenous) tube is put in a vein in your arm for giving medicines and fluids.
- You will be taken on a cart to the operating room and then helped onto a table.
- Medicine is given in your IV to keep you asleep and free from pain.
- You will have a catheter that drains urine from your bladder. This tube is often removed the morning after your surgery.
- Another tube may be put in through your nose and is passed down to your stomach to remove fluids so that you will not feel sick to your stomach. This tube is often taken out before you leave the recovery room.
- The surgery area or abdomen is cleaned.
- Your uterus is removed. Your tubes and ovaries may also be removed.
- Any incisions are closed with stitches, staples or special tapes called steri-strips.
- A bandage is put over the incisions.

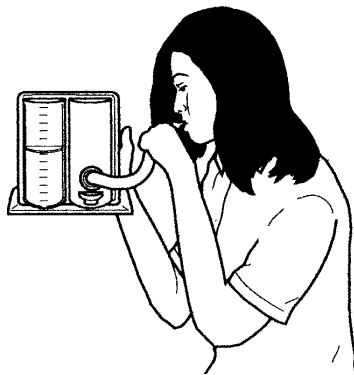
手术程序

- 会让您换上医院的罩衣。
- 在手臂上插入静脉注射导管，注射药物和液体。
- 会让您躺在推车上推入手术室，由人协助您上手术台。
- 您会从静脉注射麻醉药，处于睡眠状态，感受不到疼痛。
- 您须使用导尿管，导出膀胱内的尿液。经常会在手术后次日上午拔去导尿管。
- 可能通过鼻腔向体内插入另一根导管，伸入胃内，排出胃内的液体，防止恶心或呕吐。通常在您离开术后恢复室之前取下这根导管。
- 清洁手术部位或腹部。
- 摘除子宫。此外，可能一并摘除输卵管和卵巢。
- 用缝合线、缝合器或特殊胶条（免缝胶条）封闭所有手术切口。
- 使用绷带包扎手术切口。

After Surgery

In the Hospital

- You are taken to the recovery room where you are watched closely until you wake up and are doing well.
- Your breathing, blood pressure and pulse are checked often.
- If you are staying at the hospital, you will be taken to your room.
- A pad will be placed between your legs in case you have vaginal bleeding.
- You also may have special stockings on your legs while you are in bed to help prevent blood clots.
- The staff may teach you how to cough, deep breathe and use an incentive spirometer. An incentive spirometer is a device used to help you take deep breaths. These exercises help open the airways of the lungs and prevent pneumonia. If you have abdominal incisions, place a pillow or a folded blanket over your incisions for support when deep breathing or coughing. Do these exercises every 1 to 2 hours while you are awake.



Incentive Spirometer



Coughing

手术后

住院期间

- 进入康复室接受密切观察，直至醒来并且状态良好。
- 经常检查您的呼吸、血压和脉搏。
- 如果需要继续住院，离开康复室后会把你送到病房。
- 术后可能发生阴道出血，因此在两腿之间铺上垫子。
- 此外，卧床期间可能让您穿特殊的袜子，防止血液结块。
- 医护人员可能会教您如何咳嗽、深呼吸和使用激励式肺量计。激励式肺量计用于协助您作深呼吸。这些活动可协助打开肺的气体信道，防止肺炎。如果腹部有手术切口，深呼吸或咳嗽时，在手术切口上放一个枕头或折起的毯子。清醒状态时，每1至2小时作一次上述练习。



激励式肺量计



咳嗽

- You will be given medicine to control your pain. Tell your nurse if you have pain.
- The IV is used to give you medicine and fluids until you are able to eat and drink well. You may be given a few ice chips if you are not sick to your stomach.
- You will be given clear liquids at first and then slowly progress to regular foods.
- Your bandage will be removed the day after surgery. Your incision may have:
 - ▶ Stitches that dissolve on their own.
 - ▶ Staples which are often taken out a few days after surgery.
 - ▶ Steri-strips that come off on their own in 7 to 10 days.
- If you have a vaginal hysterectomy, you will not have an incision.
- For your safety, when you leave the hospital, you will need to have an adult family member or friend take you home. You should have someone stay with you for at least the first 24 hours you are home.

At Home

- Take your medicine as directed.
- Schedule a follow-up visit with your doctor. You will need to see your doctor in 4 to 6 weeks.
- Wash your incision gently with soap and water and pat dry. You may take a shower or sponge bath, but do not take tub baths.
- A small amount of vaginal discharge is normal for 2 to 4 weeks after surgery. Change the pad every few hours. Wash the vaginal area with soap and water and pat dry.

- 会使用药物来控制术后疼痛。如果感到疼痛，请向护士提出。
- 静脉注射药物和液体，直至您能够正常进食和饮水。如果不感到恶心，可以含几片冰块。
- 进食先从清澈的流食开始，逐渐过渡到正常的食物。
- 手术后次日拆除绷带。手术刀口：
 - ▶ 可能使用缝合线，缝合线会自动消解。
 - ▶ 可能使用缝合器，术后几天取下缝合器。
 - ▶ 可能使用免缝胶条，免缝胶条会在术后 7 至 10 日内自动脱落。
- 经阴道子宫切除术没有手术刀口。
- 为了安全起见，出院时需要有成年的家属或朋友接您出院回家。出院回家后，至少最初 24 小时需要有人陪护。

在家中休养期间

- 遵医嘱服药。
- 与医生预约复诊。术后 4 至 6 周，需要复诊。
- 轻轻用肥皂和水清洗刀口，把水拍干。可以洗淋浴或擦澡，切勿盆浴。
- 术后 2 至 4 周内，阴道有少量排出物是正常的。隔几个小时要更换一次卫生垫。用肥皂和水清洗阴部，把水拍干。

- **Do not** put anything in your vagina until your doctor checks you.
 - ▶ **Do not** douche.
 - ▶ **Do not** have sexual intercourse.
 - ▶ **Do not** use tampons.

Activity Limits

- **Limit** your activities for 4-6 weeks.
- **Do not** lift over 10 pounds for at least 2 weeks.
- You may do light housework such as washing dishes and cooking.
- **Do not** do strenuous activities, such as vacuuming or exercising for at least 2 weeks.
- **Do not** drive for 2 weeks, but you can ride in a car for short trips.
- Go up and down stairs slowly, one step at a time.
- Take walks. Starting with short distances. Slowly increase how long and fast you walk.

Other Issues

- If your ovaries are taken out, you may have signs of menopause such as hot flashes, vaginal dryness or mood changes.
- It is common to have many feelings after surgery. You may feel sad, fearful, nervous or angry. Share these feelings with your loved ones and friends to help you cope as you recover. If the sadness does not go away after a few weeks, talk to your doctor.
- Your looks will not change after this surgery. There are no physical changes except that you may have a scar from your incision.
- Your surgery should not affect your ability to have sex or the way you or your partner feel while having sex. Ask your doctor when you may resume sexual activity and discuss any concerns you may have about sex.

- 经医生检查之前，**切勿**在阴道内放任何物品。
 - ▶ **切勿**盥洗阴道。
 - ▶ **切勿**性交。
 - ▶ **切勿**使用月经棉条。

活动限制

- 手术后 4 至 6 周内，**限制**活动。
- 手术后至少 2 周内，**切勿**提举超过 10 磅的重物。
- 可以做轻松的家务，例如洗碗碟和煮饭。
- 手术后至少 2 周内，**切勿**从事费力的活动，例如使用吸尘器打扫卫生或进行运动。
- 手术后至少 2 周内，**切勿**驾车，但可短途搭车。
- 上下楼梯动作要慢，每次跨一级台阶。
- 可以散步。先短距离散步。慢慢增加散步距离和散步的速度。

其它问题

- 如果手术时还切除卵巢，可能会出现停经的症状，例如潮热、阴道干燥或情绪变化。
- 您在手术后会有许多复杂的感受是正常的。您可能感到悲伤、恐惧、焦躁或愤怒。康复期间若能向亲人和朋友诉说这些感受，有助于您的心理健康。如果数周后仍感到悲伤，要告诉医生。
- 手术后，容貌不会发生变化。除了手术刀口的疤痕外，身体外表没有变化。
- 手术不会影响性能力、您或伴侣的性交体验。应询问医生何时可以恢复性生活，并讨论自己对性的担忧。

Call your doctor **right away** if you have:

- Shaking, chills or a temperature over 101 degrees F
- An incision that is swollen, red, has drainage or comes apart
- Bleeding from your incisions
- Pain, warmth or tenderness in your legs
- Heavy vaginal bleeding, soaking 2 to 3 pads in one hour
- Vaginal drainage with an odor
- Trouble urinating
- Burning when you urinate or feel a need to urinate often
- Skin that is itchy, swollen or has a rash
- Severe mood swings or feel depressed

Call 911 right away if you have trouble breathing all of a sudden or have chest pain.

Talk to your doctor or nurse if you have any questions or concerns.

如果出现以下情况，**立即**致电医生：

- 颤抖、畏寒或体温超过摄氏 38 度 (华氏 101 度)
- 手术刀口浮肿、发红、有渗出液或裂开
- 手术刀口出血
- 腿部疼痛、发烫或触痛
- 严重阴道出血，一小时能浸透 2 至 3 块卫生垫
- 阴道排出物有异味
- 排尿困难
- 排尿灼痛，或尿意频繁
- 皮肤搔痒、浮肿或出现皮疹
- 情绪严重波动或感到忧郁

如果突然呼吸困难或胸痛，**立即**致电 911。

如果有任何疑问或担心，请询问医生或护士。