

# 经腹股沟心导管检查后

## 如何照护自己

### How to Care for Yourself After Groin Access Heart Catheterization (Chinese)

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#### 心导管检查后有什么照护指示?

What are my care instructions right after my heart catheterization?

- 如果在我们护理期间让您使用止痛药或镇静剂，请在 24 小时内避免以下活动：
- If you were given medication for pain or sedation while in our care, avoid these activities for 24 hours:
  - 程序后 24 小时内不要开车，也不要从医院开车回家。
  - Do not drive for 24 hours after the procedure and do not drive home from the hospital.
  - 不要喝酒。
  - Do not drink alcohol.
  - 不要签署法律文件。
  - Do not sign legal documents.
  - 不要操作机械或使用电动工具。
  - Do not operate machinery or use power tools.
- 为了您的安全，在接下来的 24 小时内请让家人、朋友或其他成年人陪伴您。

- For your safety, have a family member, friend, or another adult stay with you for the next 24 hours.
- 开始正常饮食。
- Start eating your normal diet.
- 在接下来的 24 小时内喝至少 8 杯水或液体（除非您的医生告诉您限制液体摄入量）。
- Drink at least 8 glasses of water or fluid in the next 24 hours (unless your doctor told you to restrict your fluid intake).

## 在程序后有什么活动指示？

### What are my activity instructions after my procedure?

#### 限制 Restrictions

- 在接下来的 7 天内，不要推、拉或举起超过 10 磅的重量。
- Do not push, pull, or lift more than 10 pounds for the next 7 days.
- 7 天内不要参与需要很大力气和费劲的活动。这包括大多数运动，例如慢跑、打高尔夫球、打网球和保龄球。
- Do not participate in activities involving a lot of strength and effort for 7 days. This includes most sports, such as jogging, golfing, playing tennis, and bowling.
- 排便时不要用力。取而代之的是，使用可溶性纤维（Metamucil®、Benefiber®、FiberCon®）并多喝水，让粪便更容易排出。
- Do not strain while having a bowel movement. Instead, use soluble fiber (Metamucil®, Benefiber®, FiberCon®) and drink extra water to make it easier to pass your stool.

#### 活动 Activities

- 您可以爬楼梯，但要慢慢走。
- You may climb stairs, but go slowly.
- 在程序后的头 7 天，只做轻度活动（散步、爬楼梯和一般日常生活的活动都可以）。1 周后，您可以恢复到正常的活动水平。
- For the first 7 days after your procedure, do only light activities (walking, climbing stairs, and regular activities of daily life are fine). After 1 week, you can return to your normal activity level.
- 咳嗽、打喷嚏或用力时，用手轻轻按压检查部位伤口给予支持。这有助于防止检查部位伤口出血。
- When coughing, sneezing, or straining, support your procedure site by putting gentle pressure on it with your hand. This helps prevent bleeding from the procedure site.

## 心导管检查后会可能会发生什么情况？

### What can I expect after my heart catheterization?

#### 您的检查部位伤口有以下情况是正常的：

#### It is normal to experience the following at your procedure site:

- 瘀血（这可能需要 2-3 周才会消失）
- Bruising (this may take 2-3 weeks to go away)
- 一个小肿块或结（大约二十五分美元硬币大小），应该在 7-10 天后消失
- A small lump or knot (about the size of a quarter) that should go away after 7-10 days
- 检查部位伤口触痛、不适或疼痛，几天后应该会好转
- Tenderness, discomfort, or pain at the procedure site which should get better over a few days

## 我该如何护理我的检查部位伤口? How do I care for my procedure site?

- 在您离开时, 您的检查部位伤口处将会包扎绷带。
- You will leave with a bandage on your procedure site.
- 您可以在程序后 24 小时淋浴。第一次淋浴时请遵照以下步骤:
- You may shower 24 hours after your procedure. Follow these steps as you take your first shower:
  1. 取下绷带。 Remove the bandage.
  2. 淋浴并用温和的肥皂清洗检查部位伤口。

Shower and wash your procedure site with mild soap.

    - 每次淋浴时都使用刚洗过的面巾和毛巾。
    - Use a freshly laundered wash cloth and towel each time you shower.
  3. 拍干皮肤, 并在检查部位伤口贴上新绷带。

Pat your skin dry and put a new bandage on your procedure site.

    - 在程序后的头 2 天, 用创可贴®或绷带覆盖该部位。之后, 除非有明显的渗液 (液体从检查部位伤口渗漏), 否则不需要绷带或敷料。
    - For the first 2 days after your procedure, keep the site covered with a Band-Aid® or bandage. After that, no bandage or dressing is needed unless there is clear drainage (fluid leaking from the procedure site).
- 在愈合之前, 不要在该部位使用霜膏、乳液、粉或软膏。
- Do not use creams, lotions, powders, or ointment on the site until it heals.
- 程序后 1 周内不要浸泡在浴缸或热水浴池中, 或在游泳池或湖泊中游泳。

- Do not soak in a bath or hot tub, or swim in a pool or lake, for 1 week after your procedure.

## **我什么时候需要寻求急诊治疗? When do I need to get emergency care?**

**如果您有下列任何体征和症状, 请立即拨打 911:**

Call 911 immediately if you have any of the signs and symptoms listed below:

- 突发胸痛
- Sudden chest pain
- 气短或呼吸困难
- Shortness of breath or trouble breathing
- 感到头重脚轻、头晕或出冷汗
- Feeling light-headed, dizzy, or breaking out in a cold sweat
- 心跳不规则 (心悸)
- Irregular heartbeats (heart palpitations)
- 恶心
- Nausea
- 身体任何部位严重瘙痒
- Severe itching anywhere on your body

## **中风的体征和症状 Signs and symptoms of a stroke**

如果您有以下任何体征和症状, 请拨打 911:

Call 911 if you have any of these signs and symptoms:

- 突然思维混乱, 或者说话困难或理解他人有困难
- Sudden confusion, or trouble speaking or understanding others

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- 单眼或双眼突然看不清楚
- Sudden trouble seeing in one or both eyes
- 面部、手臂或腿部突然麻木或无力，通常位于身体的一侧
- Sudden numbness or weakness of the face, arm, or leg, usually on one side of the body
- 突然行走困难、头晕，或失去平衡或协调
- Sudden trouble walking, dizziness, or loss of balance or coordination
- 不明原因的突然或剧烈头痛
- Sudden or severe headache with no known cause

### **检查部位变化的体征和症状：**

#### **Signs and symptoms of changes at your procedure site:**

如果您有以下任何体征和症状，请拨打 911：

Call 911 if you have any of these signs and symptoms:

- 突然或大量的出血或肿胀
- Sudden or large amount of bleeding or swelling
  - 如果发生这种情况，请在检查部位伤口处施加压力，躺下并拨打 911。
  - If this happens, put firm pressure on the site, lie down, and call 911.
- 您的腿部严重麻木或麻刺感
- Severe numbness or tingling in your leg
- 与另一条腿相比，您的腿变冷，摸起来很凉，或看起来发青
- Your leg becomes cold, is cool to the touch, or looks blue compared to your other leg
- 您的检查部位伤口紧绷、严重肿胀或有肿块

- Tightness, severe swelling, or a lump at your procedure site
- 您的腹股沟或腿部异常疼痛
- Unusual pain in your groin or leg

**不要试图自己开车去医院。 救护车将会尽快到达。**

**Do not try to drive yourself to the hospital.** An ambulance will arrive as quickly as possible.

### **什么时候应该打电话给我的医生？ When should I call my doctor?**

以下体征和症状需要在变成紧急状况之前进行治疗。如果您有下列任何体征或症状，请致电您的医生：

The following signs and symptoms need to be treated before they become an emergency. Call your doctor if you have any of the signs or symptoms listed below:

- 温度高于 100.5°F 超过 24 小时
- Temperature higher than 100.5°F for more than 24 hours
- 检查部位伤口附近出现出血、瘀血增加、发红、肿胀、疼痛加剧，或有黄色、绿色或难闻的渗出液
- Bleeding, increased bruising, redness, swelling, increased pain, yellow or green drainage, or bad-smelling drainage near your procedure site
- 检查部位伤口突然出现会疼痛的肿块
- A sudden painful lump at the procedure site
- 检查部位伤口不适感增加，或者用非处方止痛药，如对乙酰氨基酚（泰诺®）也无法缓解

- Increased discomfort at the procedure site, or discomfort that is not relieved by over-the-counter pain medication such as acetaminophen (Tylenol®)

## 我的医生或护理团队的电话号码是什么？

### What is the number to call my doctor or care team?

- **程序当天**，周一至周五上午 8:00 至下午 4:30 致电 **(734) 936-7375**。
- **On the day of your procedure**, call (734) 936-7375 Monday through Friday from 8:00 am to 4:30 pm.
  - 要求与心脏程序单位护士长通话。
  - Ask to speak to the cardiac procedure unit charge nurse.
- **程序后的第二天**，周一至周五上午 8:00 至下午 4:30 致电 **(888) 287-1082**。
- **On the day after your procedure**, call (888) 287-1082 Monday through Friday from 8:00 am to 4:30pm.
  - 要求与心脏程序单位护士长通话。
  - Ask to speak to the cardiac procedure unit charge nurse.
- **下午 4:30 后、周末或节假日致电 (734) 936-6267**。
- **Call (734) 936-6267 after 4:30 pm or on weekends or holidays**.
  - 要求医院总机呼叫值班的介入性心脏科专科培训医生。您将收到该专科培训医生的回电。
  - Ask the hospital operator to page the Interventional Cardiology Fellow on call. You will receive a call back from the fellow.



## 我将接受什么类型的后续护理？

### What type of follow up care will I receive?

程序后 24 小时，您将接到心脏程序单位护士的电话。您将在程序后约 4 周来诊所进行术后复诊。如果您在离开医院之前没有预约复诊时间，请致电 **(888) 287-1082** 安排这个约诊。

You will get a phone call 24 hours after your procedure from a cardiac procedure unit nurse. You will have a post-operative visit in the clinic about 4 weeks after your procedure. If you did not set up an appointment for your return visit before you left the hospital, please call **(888) 287-1082** to schedule this visit.

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