

经桡动脉心导管检查后 如何自我照护

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

心导管检查后有什么照护指示?

What are my care instructions right after my heart catheterization?

- 如果在我们的护理期间您使用了止痛或镇静药物，则 **24 小时内不得**进行以下活动：
- If you have received medication for pain or sedation while under our care, you **should not** do the following activities for **24 hours**:
 - 开车
 - Drive
 - 操作机器
 - Operate machinery
 - 使用电动工具
 - Use power tools
 - 喝酒
 - Drink alcohol
 - 签署任何法律文件
 - Sign any legal document (s)
 - 24 小时内**不要**在受影响的手臂量血压。
 - **Do not** take blood pressures on your affected arm for 24 hours.

- 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.
- 在接下来的 24 小时内保持手腕伸直。
- Keep your wrist straight for the next 24 hours.
- 恢复正常饮食。
- Resume your usual diet.
- 在接下来的 24 小时内至少喝（8）杯水或液体，**除非**您被告知需要限制液体的摄入。
- Drink at least (8) glasses of water or fluid for the next 24 hours **unless** you have been told to restrict your fluid intake.

在程序后有什么活动指示？

What are my activity instructions after the procedure?

- 在接下来的 7 天内，**不要**用受到影响的手臂提举、推或拉超过 2-3 磅的重量。
- **Do not** use your affected arm to lift, push, or pull more than 2-3 pounds for the next 7 days.
- 程序后 4 天内**不要**参与剧烈活动。这包括大多数运动，包括慢跑、打高尔夫球、打网球和保龄球。
- **Do not** participate in strenuous activities for 4 days after your procedure. This includes most sports including jogging, golfing, playing tennis, and bowling.

心导管检查后会可能会发生什么情况？

What can I expect after having a 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:

- 程序后 48 小时内该部位有少量出血。
- A small amount of bleeding from the site for 48 hours after the procedure.
- 瘀血（可能过 2-3 周才会消失）
- Bruising (may take 2-3 weeks to go away)
- 程序后手部轻微麻木或麻刺感，应在几个小时内会有所改善。您的手不应有任何明显的麻木或麻刺感。
- Slight numbness or tingling in your hand after the procedure that should improve over several hours. There should not be any significant numbness or tingling in your hand.
- 导管插入部位轻度肿胀。
- Mild swelling at the catheter insertion site.
- 插入部位出现触痛、不适或疼痛，几天后应该会有所改善。
- Tenderness, discomfort or pain at the insertion site which should improve 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?

- 保持该部位清洁干燥（不清洗时）。
- Keep the site clean and dry (when not cleansing).
- 24 小时后取下检查部位的绷带并淋浴，然后每天用肥皂和水清洗该部位。
- Remove the bandage over the site and shower after 24 hours then wash your procedure site daily with soap and water.
- 头 1-2 天在清洗后，使用创可贴或类似的绷带覆盖该部位，之后就不再需要覆盖。
- After cleansing use a Band-Aid or similar bandage on the site for the first 1-2 days and then leave it uncovered.

- 头 7 天内**不要**将检查侧的手腕浸泡在水中（用手洗碗、泡澡、游泳、泡热水浴）。
- **Do not** soak the affected wrist in water (washing dishes by hand, baths, swimming, hot tubs) for the first 7 days.
- 在愈合之前，**不要**在该部位涂抹霜膏、乳液、粉或软膏。
- **Do not** use creams, lotions, powders, or ointment on the site until it heals.

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

如果有下列任何体征和症状，请立即拨打 911：

Call 9-1-1 immediately if you have any of the following signs and symptoms:

- 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
- 心跳不规律（心悸）
- Irregular heartbeats (heart palpitations)
- 恶心
- Nausea
- 瘙痒
- Itching

中风的体征和症状: Signs and symptoms of stroke:

- 突然思维混乱，说话困难或理解他人有困难
- Sudden confusion or trouble speaking or understanding others
- 单眼或双眼突然看不清楚
- Sudden trouble seeing in 1 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

检查部位的体征和症状变化： Signs and symptoms of changes at your procedure site:

- 导管插入部位突然或大量出血或肿胀
- Sudden or large amount of bleeding or swelling at the catheter insertion site
 - 用力按压手腕，坐下并拨打 911。 **不要**自己开车去医院。
 - Apply firm pressure to your wrist, sit down and call 911. **Do not** drive yourself to the hospital.
- 手部明显麻木或麻刺感，尤其是症状持续或加重时
- Significant numbness or tingling in your hand, especially if it is constant or gets worse
- 手变冷或变色
- Hand becomes cold or changes color
- 手部疼痛加剧

- Hand becomes more painful
- 摸不到手腕的脉搏
- You cannot feel the pulse in your wrist
- 导管插入部位出现紧绷感、明显肿胀或肿块。
- Tightness, significant swelling, or a lump at the catheter insertion site.
 - 如果肿胀突然增大, 请按压该部位并拨打 911。不要自己开车去医院。
 - If the swelling suddenly increases in size, apply pressure to the site and call 911. **Do not** drive yourself to the hospital.

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:

- 体温高于华氏 100.5°, 超过 24 小时。
- Temperature higher than 100.5 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、绿色或难闻的液体渗出
- Bleeding, increased bruising, redness, swelling increased pain, yellow or green drainage or foul smelling drainage near your procedure site
- 穿刺部位突然出现疼痛性肿块。
- Sudden painful lump at the puncture site.

- 检查部位伤口不适感增加，或者服用非处方止痛药如对乙酰氨基酚（泰诺®）也无法缓解。
- Discomfort at the procedure site that increases or is not relieved by over-the-counter pain medicines such as acetaminophen (Tylenol®).

拨打哪个电话号码？ What is the number to call?

- **程序的当天**，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
- **程序后第二天**，周一至周五上午 8:00 至下午 4:30 致电 (888) 287-1082。
- **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。专培医生将回电给您。
 - 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 receive a phone call 24 hours after your procedure from a cardiac procedure unit nurse. You will have a post-operative visit in the Clinic approximately 4 weeks after your procedure. If you did not receive an appointment for your return visit before you left the hospital, please call (888) 287-1082 to schedule this visit.

免责声明：本文件所包含的信息和/或教学材料是由密西根大学健康中心为与您病情类似的典型患者所撰写的。文中的链接可能连接到并非由密西根大学健康中心所创建的网络内容，密西根大学健康中心对此内容不承担责任。本文件不可取代您的医疗保健提供者的医疗咨询，因为您的情况可能和典型患者有所不同。

如果您对此文件、您的病情或治疗方案有任何疑问，请与您的医疗保健提供者商谈。

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

作者：凯西·云克 (Casey Yunker) , 注册护士

审稿人：贝瑟尼·李·莱纳 (Bethany Lee-Lehner), 注册护士, 护理学硕士

Author: Casey Yunker, RN

Reviewers: Bethany Lee-Lehner, RN, MSN

翻译：密西根医学部翻译服务

Translation: Michigan Medicine Interpreter Services

密西根大学健康中心病患教育是由 [Creative Commons Attribution-NonCommercial-ShareAlike 4.0](#)

[International Public License](#) 授权许可。最后修订日期 05/2019

Patient Education by [University of Michigan Health](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 05 /2019

Control#705