



乳房或腋下核心活检和细针抽吸 出院说明

Breast or Axilla Core Biopsy and Fine Needle Aspiration Discharge Instructions (Chinese)

后续护理是您治疗和安全的重要部分。请务必遵循这些说明，并确保您安排并参加所有后续约诊。

Follow-up care is an important part of your treatment and safety. Be sure to follow these instructions, and make sure you schedule and go to all your follow-up appointments.

在我的手术后可能发生什么情况？

What can I expect after my procedure?

在您的手术过程中，您接受了局部**麻醉**（麻醉药物）。随着麻醉的消退，您可能会感到一些不适。我们进行手术的区域在接下来的几天可能会感到酸痛或淤青。

You received local **anesthesia** (numbing medication) during your procedure. As the anesthesia wears off, you may feel some discomfort. The area where we performed your procedure may be sore or bruised for several days.

手术后我在家该如何照顾自己？

How will I care for myself at home after my procedure?

我可以做什么活动？ What activities can I do?

- 在手术后24小时，您可以再次开始洗澡。

- 24 hours after your procedure, you may start taking showers again.
- 在手术后48小时内，避免提重物、做推拉或锻炼活动。
- Avoid heavy lifting, pushing, pulling, or exercise activities for 48 hours after your procedure.
- 在手术后5天内，请勿游泳、使用热水浴池或水疗，或泡澡。手术后的伤口应看起来是闭合且干燥。
- Do not swim, use a hot tub or spa, or take a tub bath for 5 days after your procedure. The wound from the procedure should look closed and dry.

我可以吃什么？ What can I eat?

您可以吃正常饮食。 You can eat your normal diet.

我可以服用什么药物？ What medications can I take?

- 如有需要，服用对乙酰氨基酚（泰诺®）以缓解疼痛。在24小时内，请勿服用超过3000毫克（mg）的对乙酰氨基酚。
- For pain, take acetaminophen (Tylenol®) if needed. Do not take more than 3000 milligrams (mg) of acetaminophen in a 24-hour period.
- 除非您被特别告知，否则您可以按医生的处方服用正常药物。
- You can take your normal medications as prescribed by your doctor unless you were specifically told otherwise.

我什么时候可以拆除绷带？ When can I remove the bandage?

在手术后24小时可以将绷带从手术区域移除。

You can remove the bandage from your procedure area 24 hours after your procedure.

如果我进行了乳房或腋下核心活检，我还需要遵循哪些其他护理说明？

If I had a breast or axilla core biopsy, what are other care instructions I need to follow?

- 在手术区域保持免缝胶带贴片3-5天。
- Keep the Steri-Strips™ on your procedure area in place for 3-5 days.
- 为了减轻疼痛、酸痛和肿胀，请使用冰袋。将冰袋放在手术区域20分钟，然后取下40分钟。确保冰块和皮肤之间有毛巾或衣物。在手术当天回家后至少重复这个循环4次，然后根据需要进行。
- To reduce pain, soreness, and swelling, use an ice pack. Put the ice pack on the procedure area for 20 minutes, then take it off for 40 minutes. Make sure that there is a washcloth or clothing between the ice and your skin. Repeat this cycle at least 4 times the day of your procedure once you get home, and then as needed.
- 手术后24小时内佩戴胸罩以支撑该区域。
- Wear a bra for 24 hours after your procedure to give support to the area.

我什么时候能得到手术结果？

When will I get the results from my procedure?

您将在1-5个工作日内接到电话，告知您的检测试结果。如果您在6天后没有接到电话，请拨打乳腺影像科电话(734) 647-8912。

You will get a phone call in 1-5 business days with your test results. If you

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do not get a phone call after 6 days, please call Breast Imaging at (734) 647-8912.

我什么时候应该拨打911? When should I call 911?

如果您认为需要紧急护理，或者有以下任何症状，请立即拨打911：

Call 911 immediately if you think you need emergency care, or if you have any of these symptoms:

- 呼吸急促
- Shortness of breath
- 胸痛
- Chest pains
- 失去意识（您晕倒或昏厥）
- Loss of consciousness (you passed out or fainted)

我什么时候应该拨打乳腺影像科?

When should I call Breast Imaging?

如果您有以下任何迹象或症状，请在周一至周五的上午7:30至下午5:00拨打乳腺影像科电话(734) 647-8912：

Call Breast Imaging at (734) 647-8912 on Monday through Friday between 7:30 AM – 5:00 PM if you have any of these signs or symptoms:

- 体温达到100.4°F或更高
- Fever of 100.4 °F or higher
- 手术部位出现红肿或红色条纹
- Redness, swelling, or red streaking at your procedure site

- 出血持续湿润绷带，并且在用手直接施压该区域10分钟后仍未停止
- Bleeding that is actively wetting the bandage and does not stop after 10 minutes of putting direct pressure on the area with your hand
- 手臂或手的麻木或刺痛（如果您进行了腋下手术）
- Numbness or tingling in your arm or hand (if you had an axillary, or underarm, procedure)
- 剧烈疼痛，在服用对乙酰氨基酚（泰诺®）后没有改善
- Severe pain that does not improve when you take acetaminophen (Tylenol®)

在晚上、周末或假期，您可以拨打放射科值班医生的电话。拨打（734）936-6267，要求他们将消息发送到寻呼机1800。

On evenings, weekends, or holidays, you can call the after-hours radiologist on staff. Call (734) 936-6267 and ask them to send a message to pager 1800.

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作者：Renee Pinsky, 医学博士, Janet Bailey, 医学博士

编辑：Brittany Batell, 公共卫生硕士, 社会工作硕士, 健康教育专家®

Authors: Renee Pinsky, MD, Janet Bailey, MD

Edited by: Brittany Batell, MPH MSW CHES®

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