

泌尿手术后孩子的照护

Caring for Your Child After Urologic Surgery (Chinese)

孩子的手术信息：Your child's surgery information:

手术名称 Procedure name: _____

日期 Date: _____

☐ 开放性手术 Open procedure

☐ 腹腔镜手术 Laparoscopic procedure

术后我如何照顾孩子？

How do I care for my child after surgery?

淋浴 Showering

- 术后 48 小时（2 天）内只能海绵擦浴。
- For the first 48 hours (2 days) after surgery, sponge bathe only.
- 48 小时后，可以淋浴。让肥皂和水流过切口（手术刀口），然后轻轻拍干该区域。
- After 48 hours, it is okay to shower. Let soap and water run over the incision (the cut that was made during surgery) and pat the area dry.
- 手术后 1 周内不要将切口浸泡在浴缸中。
- Do not submerge the incision in a bath for 1 week after surgery.

游泳 Swimming

- 手术两周后孩子可以游泳。
- Your child may swim 2 weeks after surgery.

恢复日常活动 Returning to daily activities

- 如果孩子的疼痛得到很好的控制，并且没有服用阿片类止痛药时，那么返校或日托是安全的。阿片类止痛药（如羟考酮 oxycodone、Norco®、Vicodin®或 Hycet®）可能会影响孩子的学习和参与活动的的能力。
- It is safe for your child to return to school or day care when their pain is well controlled and they are not taking opioid pain medications. Opioid pain medications (such as oxycodone, Norco®, Vicodin®, or Hycet®) may affect your child's ability to learn and participate in activities.
- 8岁或以上的儿童手术后2周内不能提超过约10磅的重物。
- Children 8 years or older should not lift anything heavier than about 10 pounds for 2 weeks after surgery.
- 如果孩子的背包超过10磅，我们建议您要求另备一本可以留在教室的教科书，或者使用带轮子的行李箱携带书籍进出教室。
- If your child's backpack is heavier than 10 pounds, we recommend asking for another textbook they can keep in class or using a suitcase with wheels to their carry books to and from class.
- 孩子在手术后两周内不得使用骑跨玩具（如自行车或弹跳椅）或任何其他会对手术区域施加压力的活动。
- Your child may not use straddle toys (such as a bike or bouncy chair) or any other activity that puts pressure on the surgical area for 2 weeks after surgery.

- 手术后将孩子抱在胯部和使用汽车座椅是安全的。
- Holding your child on your hip and using a car seat is safe after surgery.
- 孩子可以重新参加健身或体育活动：
- Your child may go back to gym or sports activities:
 - 手术两周后（如果孩子 10 岁或以下）
 - 2 weeks after surgery (if your child is 10 years or younger)
 - 手术四周后（如果孩子 11 岁或以上）
 - 4 weeks after surgery (if your child is 11 years or older)

饮食 Diet

- 孩子可以恢复正常饮食。他们应该多喝液体以保持水分，避免便秘。
- Your child may return to a regular diet. They should drink plenty of liquids to stay hydrated and avoid constipation.

切口护理 Incision care

- 我们用可吸收缝合线（缝针）和胶水闭合了孩子的切口。它们会自行溶解，不需要拆线。
- We closed your child's incisions with absorbable sutures (stiches) and glue. They will dissolve on their own, and they do not need to be removed.
- 如果孩子切口处缠有绷带，请在手术 2 天后准备洗澡时取掉绷带。
- If your child has a bandage over the incision site, remove this bandage 2 days after surgery when they are ready for a shower.

- 如果孩子的绷带下贴有免缝胶带 Steri-Strips™（薄胶带），如果手术两周后还没有自行脱落，请取掉。在免缝胶带 Steri-Strips™脱落之前，请勿在伤口上涂抹任何乳霜、润肤露或膏剂。
- If your child has Steri-Strips™ (thin pieces of tape) under the bandage, take them off 2 weeks after surgery if they have not already fallen off on their own. Do not apply any creams, lotions, or ointments on the wound until the Steri-Strips™ have come off.
- 手术后第一年，伤口愈合后疤痕要涂抹防晒霜，以尽量减少伤口的疤痕。
- Use sunscreen on the scar once healed for the first year after surgery to minimize scarring of the wound.
- 如果孩子进行了阴茎手术，例如包皮环切术或尿道下裂修复术，请在更换尿布时涂抹凡士林（如 Vaseline®或 Aquaphor®），至少持续 1 周；如果孩子不再使用尿布，则每天涂抹两次。一周后，则根据需要使用。这有助于防止刺激，并防止缝合线粘在尿布或内裤上。
- If your child had a penile surgery such as a circumcision or hypospadias repair, apply petroleum jelly (such as Vaseline® or Aquaphor®) with diaper changes for at least 1 week, or twice a day if your child is not in diapers. After 1 week, apply as needed. This helps prevent irritation and keeps the stitches from sticking to their diaper or underwear.

疼痛方面估计会是怎样的？ What should I expect for pain?

孩子可能会感到切口周围的疼痛、腹部（肚子）疼痛、痉挛，甚至肩部疼痛。腹痛在肩部感觉到的被称为“牵涉痛”，腹腔镜手术后可能会出现这种情况。这是正常的，接下来的几天会有所改善。

Your child may have pain around their incision, abdominal (belly) pain, cramping, and even shoulder pain. Abdominal pain felt in the shoulder is called “referred pain,” and this may happen after laparoscopic surgery. This is normal, and it will improve over the next few days.

我如何在手术后管理孩子的疼痛？

How do I manage my child's pain after surgery?

除非孩子的医生给了您不同的指示，否则在手术后的前 48 小时内，即使孩子没有疼痛，也要全天候使用非处方止痛药，如对乙酰氨基酚（泰诺 Tylenol®）来控制疼痛。**全天候**意味着孩子将按照固定的时间表服用药物，而不是根据需要服用。

Unless your child's doctor gives you different instructions, use over-the-counter pain medications such as acetaminophen (Tylenol®) around-the-clock for pain control during the first 48 hours after surgery, even if your child is not in pain. **Around-the-clock** means your child will take the medication on a set schedule rather than taking them as needed.

您还可以使用其他非药物的方法来管理孩子的疼痛。这包括花时间陪他们、玩耍或做特别的项目，吃特别的食物，让他们观看自己喜欢的节目或电影，以及使用冷敷或热敷。您可以在此网络资源中找到更多有关疼痛控制的信息：[https://pediatric-](https://pediatric-trauma.med.umich.edu/injury-prevention/pain-and-medication-resources)

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You can also use other non-medication approaches to manage your child's pain. These include spending time with them, playing or doing special projects, eating special foods, allowing them to watch their favorite shows or movies, and using a cold or warm pack. You can find more information on pain control

in this online resource: <https://pediatric-trauma.med.umich.edu/injury-prevention/pain-and-medication-resources>

我的孩子需要服用哪些非处方药？

What over-the-counter medications will my child be taking?

对乙酰氨基酚 (泰诺Tylenol®, 每剂是每公斤用15毫克)和**布洛芬** (Motrin® 或者Advil®, 每剂是每公斤用10毫克)可在药店购买。**非处方**意味着您可以在商店或药房（手术前或手术后）购买它们，而无需处方。

Acetaminophen (Tylenol®, 15 mg per kg per dose) and **ibuprofen** (Motrin® or Advil®, 10 mg per kg per dose) are available over-the-counter. **Over-the-counter** means you can buy them at a store or pharmacy (before or after surgery) without a prescription.

- 给孩子的剂量是根据他们的体重来决定的。应该使用注射器或滴管来测量所有液体药物。请不要使用勺子(匙)。
- The dose you will give your child is determined by their weight. You should use a syringe or dropper to measure all liquid medication. Please do not use a spoon.
- 这些是非常有效的止痛药，帮助缓解手术后的炎症（发红、肿胀和刺激）。是缓解孩子疼痛的重要部分。
- These are very effective pain medications that help with inflammation (redness, swelling, and irritation) after surgery. They are an important part of your child's pain relief.

不要给6个月以下的儿童服用布洛芬（Motrin®或Advil®），或者如果医生告诉您不要给孩子服用布洛芬。

Do not give ibuprofen (Motrin® or Advil®) to children under 6 months of age, or if your doctor has told you not to give your child ibuprofen.

- 根据孩子的体重，遵循出院说明中的剂量指示。与医生咨询您可以安全给孩子服用的最大（最多）剂量，以及给孩子服药的频率，以免给的药物超过推荐的剂量。
- Follow the dosing instructions in your discharge instructions based on your child's weight. Talk to your provider about the maximum (largest) dose you can safely give your child and how often you can give them medication, so you don't give them more medication than recommended.
- **对于 6 个月或以下的儿童:**孩子清醒时，每 6 小时服用一次对乙酰氨基酚（泰诺 Tylenol®）。
- **For children 6 months or younger:** Give them acetaminophen (Tylenol®) every 6 hours while your child is awake.
- **对于 6 个月以上的儿童:**每隔 6 小时给他们同时服用对乙酰氨基酚（泰诺 Tylenol®）和布洛芬（Motrin®或 Advil®）。
- **For children older than 6 months:** Give them acetaminophen (Tylenol®) and ibuprofen (Motrin® or Advil®) together every 6 hours

给孩子安全用药有哪些小窍门？

What are some tips for safely giving my child medication?

- 对于液体药物，请检查药瓶上的浓度，以确保您给出的剂量是正确的毫克（mg）。
- For liquid medications, check the concentration on the bottle to make sure you're giving the correct milligram-based (mg) dose.
- 只能使用口服注射器或药物杯正确测量剂量。如果没有随药附送，您可以在药店购买。家用勺/匙测量药物并不准确。

- Only use an oral syringe or medication cup to correctly measure the dose. You can buy these at your pharmacy if they do not come with your medication. Household spoons are not accurate to measure medications.
- 如果孩子抗拒服药，可使用注射器将少量药物挤入孩子的一侧脸颊。这样可以防止作呕，孩子也不太可能把药物吐出来。
- If your child resists taking the medication, use the syringe to squirt small amounts of medicine into the side of their cheek. This prevents gagging, and your child is less likely to spit out the medication.
- 如果孩子抗拒服用止痛药，您可以尝试将其与孩子喜欢的食物或糖浆混合服用。一些对其他孩子有效的混合方法包括将药物与冰棒混合制成冰沙，或添加巧克力糖浆或苹果酱。
- If your child resists taking pain medication, you may try mixing it with a food or syrup your child enjoys. Some mixes that have worked for other children include mixing medication with a popsicle to make a slushie, or adding chocolate syrup or applesauce.
 - 将药物与食物或糖浆混合时要小心。如果这样做，只需要将药物混入一小勺食物中。否则，如果他们没吃完，你就不知道他们服用了多少药物。
 - Be careful if you are mixing medication with a food or syrup. If you do this, only mix the medication into a small spoonful of food. Otherwise, if they don't finish it, you won't know how much medication they took.

孩子如何安全地服用阿片类药物？

How can my child take opioid medications safely?

根据孩子所做手术的类型，您可能会收到阿片类止痛药处方，用于缓解突破性疼痛。**阿片类药物**是一种强效药物，能够很好地缓解疼痛，但如果大量服用或长期使用可能会造成伤害。我们可能给您的孩子开处方的阿片类药物包括羟考酮 oxycodone，Norco®，Hycet®，或维柯丁 Vicodin®。**突破性疼痛**是指无法通过全天候的对乙酰氨基酚和布洛芬来控制的疼痛。

Depending on what type of surgery your child had, you may receive a prescription for opioid pain medication for break-through pain. **Opioids** are strong medications that provide good pain relief but may cause harm if taken in large amounts or for a long time. Examples of opioids that we may prescribe your child are oxycodone, Norco®, Hycet®, or Vicodin®. **Break-through pain** means pain that is not controlled by around-the-clock acetaminophen and ibuprofen.

- 仅在需要时才给予阿片类药物，使用频率或剂量切勿超过药瓶上的说明。
- Give opioid medications only as needed, and never give them more frequently or in higher doses than instructed on the bottle.
- 如果孩子的处方药物含有阿片类药物和对乙酰氨基酚的复方药物（如维柯丁 Vicodin®、Norco®或 Hycet®），请不要再给他们服用更多的对乙酰氨基酚。
- If your child is prescribed a combination medication which includes an opioid and acetaminophen (such as Vicodin®, Norco®, or Hycet®), do not give them more acetaminophen.
- 切勿给孩子服用不是开具给孩子的药物。
- Never give your child a medication that was not prescribed to them.
- **药物应始终锁在安全的地方，并由负责的成年人管理。**
- **Medications should always be locked in a safe storage place and managed by a responsible adult.**

阿片类药物的风险有哪些？

What are the risks of opioid medications?

阿片类药物可能导致：Opioid medications can cause:

- 恶心 Nausea
- 便秘 Constipation
- 嗜睡（困倦） Drowsiness (sleepiness)
- 呼吸减缓 Slowed breathing
- 药物过量 Drug overdose

如果与酒精或其他药物（如助眠药或抗焦虑药）同时服用，则尤其危险。它们也可能导致上瘾（尤其是有物质滥用史或心理健康问题的人群）。请勿将这些药物与非此处方拥有人分享。

They are particularly dangerous if taken with alcohol or other medications such as sleep aids or anti-anxiety medications. They can also cause addiction (especially in people with a history of substance abuse or mental health conditions). Do not share these medications with anyone that they were not prescribed to.

如何处理剩余的药物？

How do I dispose of leftover medication?

旧药是 5 岁以下儿童中毒的主要原因。其他人也可能会受到诱惑去偷剩余的药物。一旦您的孩子不再服用阿片类药物，请将多余的药物送到您所在地区的回收计划或收集点丢弃（处理掉）。有关如何以及在何处安全处理旧药的更多信息，请访问：bit.ly/MM-MedDisposal。

Old medications are the main cause of poisonings in children under the age of 5. Other people may also be tempted to steal leftover medications. As soon as your child is no longer taking the opioid medication, dispose of (get rid of) the extra medication by bringing them to a take-back program or a collection site in your area. Find more information on how and where to safely dispose of old medications at: bit.ly/MM-MedDisposal.

我该如何管理孩子的便秘？

What can I do to manage my child's constipation?

如果您的孩子连续两天每天至少服用一次阿片类药物，他们应该还要服用非处方的软便剂，例如 MiraLAX®（聚乙二醇），以避免便秘。这在当地的药店有售，不需要处方。

If your child is taking an opioid medication at least once a day for 2 days, they should also take an over-the-counter stool softener such as MiraLAX® (polyethylene glycol) to avoid constipation. This is available at your local pharmacy, and you do not need a prescription.

- 遵循剂量说明。如果您对孩子的安全剂量有疑问，请联系诊所。
- Follow the dose instructions. If you have questions about safe dosing for your child, please contact the clinic.

我的孩子什么时候可以开始开车？

When can my child start driving?

只要没有服用阿片类止痛药，有驾驶执照的青少年手术两周后就可以重新开始驾驶。请联系诊所或在术后复诊时与您的医疗服务提供者讨论此事。在驾驶之前，让孩子坐在停好的车的方向盘后，确保他们能全方位转动头部和身体而不会引起疼痛。

As long as they are not taking opioid pain medications, teenagers who are licensed to drive can start driving again 2 weeks after surgery. Please contact

the clinic or talk with your provider about this at your scheduled after-surgery visit. Before driving, have your child sit behind the wheel in a parked car to make sure they are able to turn their head and body in the full range of motion without pain.

我应该打电话给谁寻求帮助？ Who should I call for help?

孩子的疼痛应该会逐渐改善，大多数孩子手术后大约 1-2 周恢复正常。

Your child's pain should slowly improve, and most children are back to normal in about 1-2 weeks after surgery.

立即给我们打电话——如果孩子的疼痛突然加重，或者出现：

Call us immediately if their pain suddenly gets worse, or your child develops:

- 持续的恶心 Nausea that doesn't go away
- 呕吐 Vomiting
- 腹部（肚子）疼痛 Abdominal (belly) pain
- 腹泻 Diarrhea
- 皮肤或眼睛发黄 Yellowing of their skin or eyes
- 发烧超过 101 华氏度 Fever over 101° F
- 切口部位发红、出血或渗液（漏液） Redness, bleeding, or drainage (leaking fluid) from the incision sites

如果有问题，我该联系谁？

Who do I contact if I have questions?

- 周一至周五，上午 8:00 至下午 5:00：拨打**(734) 936-7030** 并**请求与儿童泌尿科护士**通话。
- Monday through Friday from 8:00 AM - 5:00 PM: Call **(734) 936-7030** and **ask to speak to a Pediatric Urology nurse.**
- 下午 5 点以后或周末:拨打**(734) 936-6267** 并要求与**值班的儿童泌尿科住院医师**通话。
- After 5:00 PM or on weekends: Call **(734) 936-6267** and **ask to speak with the Pediatric Urology resident on call.**

接通后请留言，护士或医生会尽快给您回电。一年 365 天，一天 24 小时都有人可以回答您的问题。

You will be asked to leave a message, and a nurse or doctor will call you back as soon as possible. Someone is available to answer your questions 24 hours a day, 365 days a year.

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