



## Laparotomy surgery

### 剖腹探查手術照護須知(英文)

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Exploratory laparotomy is one of the most common operations whose wound is either transverse or vertical; doctors often diagnose according to patients' clinical conditions and make the decision most appropriate for patients.

#### Preparation before surgery

1. Patients would be asked to fill out surgery and anesthesia consent forms, and our medical staff would introduce about the ward and environment.
2. Our hospital would collect patients' blood and urine specimen for laboratory test including complete blood counts (CBC), biochemistry test, electrolyte and urinary analysis, and Chest X-ray and electrocardiogram ( EKG ) test.
3. Because of the general anesthesia, there is enema the night before the operation. Patients would be asked to start fasting from 12 o' clock, water included. In the morning of the surgery, our medical staff would inject intravenous line for you.
4. Since operational wound is to be on the abdomen, our medical staff would assist patients shave hair from abdomen and perineum area before the operation; at times, skin preparation is executed after anesthesia.
5. Deep breath and cough: Patients should practice taking deep breath and cough; once they are too afraid of taking a deep breath after the surgery, they might suffer from aspiration pneumonia because of bronchioectasis.

## Cautions after surgery

1. Water drinking is permissive; of course with the consent of the doctor, patients can intake food after flatus if there is no discomfort. Soft food is highly recommended and do avoid food like beans, eggs, and dairy products.
2. Patients can use abdominal bondage for the benefits of turning their bodies, coughing, early off-bed activities, facilitating body recovery, and preventing venous embolism of lower limbs.
3. Keep your wound clean and dry. If there is discharge or bleeding from the wound, notify our medical staff; once the wound is painful, our medical staff could provide you with analgesic medication or intravenous pain control. A day after stitches removed, shower is all right but not bath.

## Self-tending

1. Maintain a happy and joyful mood to aid recovery.
2. Come back to the out-patient department approximately one week after your discharged from the hospital or return as appointment assigned)
3. You should return to the hospital if any of the following conditions occurs :
  - ( 1 ) fever, up to 38 degree C
  - ( 2 ) severe lower abdominal pain
  - ( 3 ) abnormal discharge, redness, swelling, heat or pain on and around the operation wound
4. Within two months after discharge, you should avoid lifting objects weigh more than 5 kg and avoid overusing abdominal muscle.
5. Generally speaking, you may have normal sexual life after the surgery, do consult your doctors if necessary.