



## The matters about the Laparoscopy caring 腹腔鏡手術照護須知(英文)

The laparoscopy is a kind of endoscopy, which insufflates CO<sub>2</sub> gas into abdominal cavity to aid diagnosis of abdominal cavity or to undergo treatments. Its advantages are small wound, less blood loss, and short term recovery time; so patients can be discharged earlier.

### Preparations before the surgery

1. Patients would be asked to fill out surgery and anesthesia consent forms, and our medical staff would introduce about the environment.
2. Patients need to take the test sample and have X-ray and electrocardiogram examinations taken.
3. Because of the general anesthesia, there is enema the night before the operation ( as doctor' s instruction ). Patients would be asked to start fasting from 12 o' clock, water included.
4. Skin preparations: Because laparoscopy starts by puncturing into umbilicus, it is very important to clean umbilicus before surgery. On the night of hospitalization, medical staff would provide Q-tips to patients for umbilicus cleaning, and double check on it on the day of the operation.
5. Medical staff would inject intravenous fluid infusion into patients as supplement and for anesthesia usage.

### Reminders after the surgery

1. After the operation, doctors would give out instructions for food intake according to patients' condition. Generally speaking, it is all right to drink water; if there is no vomiting or discomfort, intake soft food and avoid eggs, legumes, and spicy food.
2. 2-3 days after the operation, patients would sense rib and shoulder sourness or chest pain incurred by carbon dioxide; once such a pain

turns into something unbearable, inform our medical staff for analgesics.

3. The wound will be small and usually be covered by cosmetic tape or gauze. 24 hours after the operation, gauze can be removed and please note: do maintain dryness around and on the wound.

### Attention about self-caring

1. A week after being discharged from the hospital, patients should return to the outpatient department for doctors to check on their wounds.
2. Exercise and diet: As usual, there is no need to eat extra-nutritional supplements, do avoid spicy food.
3. Within two months after discharge, you should avoid lifting objects weigh more than 5 kg and avoid overusing abdominal muscle.
4. You should return to our hospital immediately if any of the following conditions occurs:
  - Fever up to the 38 degrees.
  - Severe lower abdominal pain.
  - When the wound is red, edematous, and painful with abnormal secretion of foul odor.

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若有任何疑問，請不吝與我們聯絡  
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