



UW Medicine
UNIVERSITY OF WASHINGTON
MEDICAL CENTER

接受右心室导管插入术后 (内颈静脉方法)

术后自我护理

你今天接受了心脏导管插入术。本资料单向你提供今后几天需要遵守的护理指南。

活动

术后 24 小时：

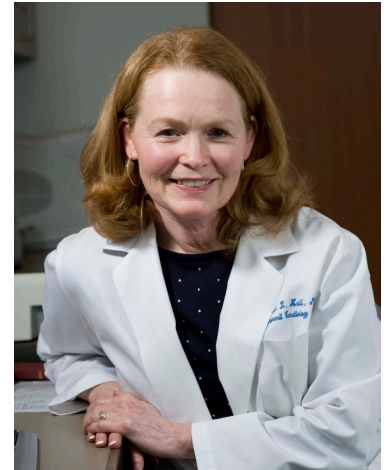
- 在家中安静地休息
- 如果你使用了镇静剂，请**不要**开车

术后出院 24 小时后，您可以：

- 恢复活动量小的活动
- 开车
- 洗淋浴

48 小时内：

- 避免过度用力的活动，例如家务、做园子或任何可以推迟到以后再做的自我护理工作



如果你有关于手术的任何问题或担忧，请务必向你的心脏病专科医生咨询。

止痛药

有些人会在一两天内导管插入部位感到疼痛。如果你需要服用止痛药：

- 你可以服用醋氨酚 (acetaminophen) (Tylenol)。请按照药物包装上的剂量说明服药。
- 服用医生为你的心脏开的普通阿司匹林，但请**不要**为止痛增服阿司匹林。
- **不要**服用其他含阿司匹林的药物。
- **不要**服用其他抗炎药，例如布洛芬 (ibuprofen) (Advil、Motrin) 或萘普生 (naproxen) (Aleve、Naprosyn)。这些药物可能造成出血加剧。

手术部位护理

- 你可以在手术 24 小时后取下敷料或绷带。
- 保持手术部位清洁和干燥。
- 你可以在手术后第二天洗淋浴，但在五天内不要洗盆浴、在热水澡盆中坐浴或游泳。
- 在接下来的三天内，查看是否有以下发炎迹象：
 - 手术部位红肿
 - 发烧体温超过 101.5°F (38.6°C)
 - 手术部位流水
- 导管插入部位可能有擦伤。可能会在第二天向下延伸到脖子部位。擦伤可能需要 2 至 6 周时间才会愈合。

何时应该打电话

- 如果你感到导管插入部位很痛或红肿，请打电话给为您做手术的心脏病专科医生。

如果你大量出血或红肿严重，按压手术部位，拨打 9-1-1 号码。

有任何问题吗？

你的问题非常重要。如果你有任何问题或担忧，请打电话给你的医生或医疗护理服务提供者。华盛顿大学医疗中心（UWMC）诊所工作人员也可以提供帮助。

如有手术方面的问题，请电洽介入性心脏病康复科（ICRU），电话号码 206-598-7146，星期一至星期五上午 6 时 30 分至下午 6 时有人接听电话。

营业时间之外、周末和节假日，请拨打电话号码 206-598-6190，要求呼叫应召心脏病科手术医生。

After Your Right Heart Catheterization (Internal Jugular Vein Approach)

Self-care after your procedure

You had a cardiac catheterization procedure today. This handout gives care instructions for you to follow for the next few days.

Activity

For 24 hours after your procedure:

- Rest quietly at home
- If you had sedation, do **not** drive

24 hours after your discharge after your procedure, you may:

- Return to light activity
- Drive
- Shower

For 48 hours:

- Avoid strenuous activity, such as housework, gardening, or any self-care tasks that you can postpone



Be sure to talk with your cardiologist if you have any questions or concerns about your procedure.

Pain Medicine

Some people are sore for 1 to 2 days where the catheter was inserted. If you need medicine for pain relief:

- You may take acetaminophen (Tylenol). Follow the dose instructions on the package.
- Take your regular aspirin as prescribed for your heart, but do **not** take more aspirin for pain.
- Do **not** take other products that contain aspirin.
- Do **not** take other anti-inflammatory products such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). They may cause increased bleeding.

Site Care

- You may remove the dressing or bandage 24 hours after your procedure.
- Keep the site clean and dry.
- You may shower the day after your procedure, but do not take a bath, sit in a hot tub, or go swimming for 5 days.
- For the next 3 days, check for these signs of infection:
 - Redness at the site
 - Fever higher than 101.5°F (38.6°C)
 - Drainage from the site
- You may have a bruise where the catheter was inserted. It might spread down your neck over the next day. This bruise may take 2 to 6 weeks to go away.

When to Call

- If you have a lot of pain or swelling at the catheter site, call the cardiologist who did your procedure.

If you have heavy bleeding or a lot of swelling, put pressure on the site and call 9-1-1.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

For procedure questions, call the ICRU at 206-598-7146 weekdays from 6:30 a.m. to 6 p.m.

After hours and on weekends and holidays, call 206-598-6190 and ask for the Procedural Cardiology Fellow on call to be paged.