



病人教材

特殊手术部门



肝脏活检手术

手术后的护理

您刚做过以针穿刺肝脏取活检。您的肝脏是一大量供血的器官。此手册告诉您一些肝脏活检后需要注意的事项。

活动

回家后可照常活动。

- 48 小时内避免剧烈的活动、如激烈的运动及提拿超过 10 磅以上的重物。
- 可以步行或上下楼梯、但须缓慢避免出力。
- 饮食照常。
- 按常规服药除非医生改变药物。

如手术时您曾使用镇静剂或止痛药、**您务必由他人送您回家**。24 小时内您不可驾车、饮酒或签署法律文件。

止痛

大多数的病人在活检处不觉任何疼痛。如您有疼痛而服用泰诺™ (Tylenol) 无效、或疼痛加剧、请即刻致电您的医生或移植科的联络员。

伤处的护理

24 小时内保持伤处清洁及干燥。手术后数天内观察伤口有无发炎的情况如发红及分泌出黄色液体。

您有疑问吗？

请电：206-598-4670

您的疑问是很重要的。如您有任何疑问或顾虑，请打电话给您的医生，或医护人员。特殊手术部门的工作人员在周一上午 7:00 至周六中午 12:00 提供 24 小时的服务。

特殊手术部门：
206-598-4670

下班时间请电：
206-598-6190，请接线
生传呼：

- 肝脏科医生
- 放射科
- 移植科

需要向医生报告的症状

如有下列症状请与您的医生或移植科联系：

- 腹部或肩部疼痛。
- 恶心或/ 呕吐。
- 体温高于华氏 99.5°度或摄氏 38.5°度或/发冷。
- 晕眩、头昏或呼吸急促。
- 伤口红肿或流液。

活检后很少会出血，但手术后 5-6 天有可能会出血。请注意观察以上所列的各项症状。

复诊

您在活检之前应该已为您安排好复诊的时间。（在您活检的通知信上）。在 2-4 周后复诊时、医生将与您讨论活检的报告。我们不会在电话中报告您的结果。

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Special Procedures Unit

Box 356072

1959 N.E. Pacific St. Seattle, WA 98195
206-598-4670

Patient Education

Special Procedures Unit



After Your Liver Biopsy

Discharge instructions

You have just had a needle biopsy of your liver. Your liver is an organ that has a large blood supply. This handout outlines the warning signs you need to know about should problems occur after your liver biopsy.

Activity

You may resume your normal activities at home.

- Avoid strenuous activities, such as heavy exercise and lifting more than 10 pounds, for 48 hours.
- Walking and climbing stairs are allowed, as long as you take your time and do not strain.
- Resume your usual diet.
- Keep taking your regular medications unless they were changed by your doctor.

If you had medicine to help you relax, or to relieve pain during the biopsy, **you must have a ride home** and should not drive, drink alcohol, or make legal decisions for the next 24 hours.

Pain

Most patients do not have pain at the biopsy site. If you have pain that is not relieved by acetaminophen (*Tylenol*), or pain that is getting worse, call your doctor or transplant coordinator right away.

Caring for the Site

Keep the site clean and dry for the next 24 hours. Inspect the area over the next few days for signs of infection such as redness and yellow drainage.

Questions?

Call 206-598-4670.

Your questions are important. Call your doctor or health care provider if you have questions or concerns. The staff from the Special Procedures Unit is available to help 24 hours a day from Monday at 7:00 a.m. through Saturday at 12:00 noon.

Special Procedures Unit
206-598-4670

After hours, call the paging operator at 206-598-6190 and ask for:

- Hepatology Fellow
- Radiologist
- Transplant
Coordinator

Symptoms to Report

Call your doctor or transplant coordinator if you have:

- Abdominal or shoulder pain
- Nausea and/or vomiting
- Temperature greater than 99.5° F or 38.5°C and/or chills
- Dizziness, lightheadedness, or shortness of breath
- Redness, swelling or drainage at the biopsy site

The chance of bleeding after a liver biopsy is very small but it can happen up to 5 or 6 days after your procedure. *Please watch for these symptoms during the next few days.*

Follow-up Visit

Prior to your biopsy, you should already have made an appointment for follow-up with your doctor (as noted in your scheduling letter). The results of the biopsy will be discussed with you at your follow-up visit in 2 to 4 weeks. We will not call you with your results.

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