



## 病人教材

### 麻醉科



# 麻醉后在家休养须知

此小册为您提供麻醉后的注意事项。也为您解说手术麻醉后正常的反应、及什么情况下需要与医生联系。

如您有任何下列的症状请即刻打 9-1-1:

- 呼吸困难
- 胸闷或发紧
- 思想有变化 ( 思想混乱 ) 或说话不正常
- 面部表情有变化
- 新发生的瘫痪或麻木

### 恢复的过程

您将在家渐渐恢复。当您做过手术或医疗程序后、因麻醉的关系可能感到昏昏欲睡及轻微的副作用。这些副作用包括：

- 喉疼
- 肌肉疼痛
- 恶心
- 头痛
- 间歇性的头昏
- 呕吐 (很少)

此类症状可能由服用的止痛药所引起。一般来说因手术时麻醉引起的副作用在手术后几小时即会消失。但也可能需要数天的时间您的身体才会由手术的紧张及麻醉恢复。

如您的手臂、腿部脚踝或其他部位接受神经“封闭”类的麻醉；就会预先告知麻药何时会失效、何时开始口服止痛药。

如您感到恶心；请喝透明的液体直到您不再恶心。如恶心一直不退请与您的医生联系。

### 药物

请勿服用任何药物除非是处方药或经医生同意。一般来说，您可以即刻服用常规的药物。如您有疑问请与开药的医生联系。

### 注意事项

如是静脉注射式的麻醉包括全身麻醉、部分或局部麻醉、请在 24 小时内、及服用麻醉性止痛药的期间遵照下列的注意事项：

#### 避免事项:

- 驾车或使用机器
- 饮酒
- 有关法律或个人的重要决定
- 照顾他人

## 您有疑问吗？

您的疑问是非常重要的。当有疑问或顾虑时，请致电您的医生或医护人员。华大医院诊所的工作人员也可随时给您协助。

**有关您麻醉的护理：** 致电麻醉科：

206-598-4260, 周间上午 7:30 至下午 4:30.

**晚间、周末或假日：** 致电 206-598-6190 请接线生联系值班的麻醉师

**对您的手术或药物有疑问时：** 请致电您的医生：

Dr. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 应该做的事情:

- 在家休息一天
- 有其他的成年人照顾您
- 先喝流质、慢慢恢复日常的饮食
- 至少在手术的当天安排他人照顾您的小孩或需要您照顾的人。
- 在服用麻醉性止痛药期间、行动要谨慎。(当您做些突然转动的动作时会感到头晕)。
- 保护被麻醉的肢体不要受压力、避免过冷、过热或受到任何伤害。

## 闭尿的现象

某些手术后会发生**闭尿**(无法排尿)的现象。如您在手术后 8 小时仍然无法排尿、或您感到膀胱胀痛、请与您的医生联系。膀胱满胀可导致严重的问题。您可能需要到急诊室治疗。

## 脊椎或硬膜麻醉

脊椎或硬膜麻醉后您或有轻微的背痛。偶而病人在站着或坐着时会感到头痛、但躺下时疼痛就好些或消失。如有类似的头痛、请致电左边任何一个联系电话。麻醉部的职员会评估您的症状、给您适当的治疗建议。

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

**Anesthesiology**

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# Recovering at Home After Anesthesia

This handout gives activity guidelines to follow after anesthesia. It also explains what side effects are normal after anesthesia and when you should call for help.

If you have any of these symptoms, call 9-1-1 right away:

- Difficulty breathing
- Chest pressure or heaviness
- A change in your mental status (feeling confused) or being unable to speak normally
- A change in your facial expression
- New weakness or numbness

## What to Expect

You will finish your recovery at home. You may feel drowsy and have minor side effects after your procedure or surgery with anesthesia. These side effects include:

- Sore throat
- Headache
- Muscle aches
- Dizziness off and on
- Nausea
- Vomiting (rarely)

Some of these symptoms may be from the pain medicine you are taking. The side effects from anesthesia usually go away quickly in the hours after your procedure. Still, it may take several days for your body to recover from the stress of surgery and anesthesia.

If you received a “nerve block” type of anesthesia in your arm, leg, ankle, or anywhere else, you will be told when the numbness should wear off and when to start your oral pain medicine.

If you feel nauseated, drink only clear liquids until the nausea passes. Call your doctor if your nausea does not go away.

## Medicines

**Do not take any medicines unless they were prescribed or approved by your doctor.** Normally, you will be able to start taking your usual medicines right away. If you have questions, please ask the doctor who prescribed your medicines.

## What to Do and Not Do

After having general or regional anesthesia, or local anesthesia with *intravenous* (IV) sedation, follow these instructions for at least 24 hours, or for as long as you are taking narcotic pain medicines.

### *Do NOT:*

- Drive a car or use machinery
- Drink alcohol
- Make important legal or personal decisions
- Be responsible for the care of another person

## 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 questions about your anesthetic care:**  
Call Anesthesiology at 206-598-4260, weekdays 7:30 a.m. to 4:30 p.m.

**After hours and on weekends and holidays:**  
Call 206-598-6190 and ask for the Anesthesia Resident on call to be paged.

**For questions about your procedure or medicines:** Call your doctor:

Dr. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Do:

- Stay home for the day and rest
- Have an adult stay with you
- Drink liquids at first, then progress slowly to your usual diet
- Arrange for someone to care for your children or others you are responsible for, at least for the day of your surgery
- Move carefully while you are taking narcotic pain medicine (you may feel dizzy if you make sudden moves)
- Protect any numb limbs from pressure, heat, cold, or anything else that could harm them

## Urinary Retention

*Urinary retention* (not being able to urinate) may occur after some procedures. If you are unable to urinate within 8 hours of going home after your procedure, or if your bladder feels painful and full, call your doctor. Allowing your bladder to get too full can cause serious problems. You may need to go to the emergency room for treatment.

## After Spinal and Epidural Anesthesia

You may have mild lower back pain after spinal or epidural anesthesia. Rarely, patients develop a headache that is present when they are upright, but decreases or disappears when they lie down. If you have a headache like this, call one of the numbers shown on the left. Anesthesia staff will assess your symptoms and make recommendations for treatment.

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