



UW Medicine
UNIVERSITY OF WASHINGTON
MEDICAL CENTER



手術後

適用於婦科腫瘤病人

本手冊是為華盛頓大學醫學中心 (UWMC) 和西雅圖癌症照護聯盟 (SCCA) 的婦科腫瘤病人而編寫，為這些病人給出手術後必須遵循的重要指示。

活動

- 6 周內，切勿提起任何超過 10 磅重的物件或做任何重家務。
- 3 至 4 周後，開始慢慢增加你的活動。
- 切勿在服用處方止痛藥期間開車。只有在停止服用處方止痛藥並且感到自己可以安全剎車和轉彎後才可以開車。
- 記住，手術後感到虛弱、疲倦和有些疼痛是正常的。這些症狀可能會持續 4 至 6 周。



如果你做了子宮切除手術

大部分病人在手術後約 3 至 6 周回來復診檢查。

子宮切除後 6 周內：

- 切勿將任何東西放進陰道。切勿性交、沖洗或使用衛生棉條。
- 切勿洗澡、泡熱水澡或去游泳。

何時打電話給 SCCA 診所護士

如果你有以下任何症狀，請致電 SCCA 診所護士，電話 **206-288-2025**：

- 發燒或發冷
- 手術切口流出液體
- 陰道出血增多 - 如果出血較多，已不僅僅是汗漬，或者如果持續出血超過 2 周

- 從陰道或手術切口流出的液體氣味難聞
- 盆骨疼痛加劇，服用止痛藥或休息也不能緩解
- 小便時有燒灼感或疼痛

止痛藥

出院時，醫生會給你一種處方止痛藥和一種非處方止痛藥。在手術後的幾天裏，你可能需要交替服用這些止痛藥。

處方止痛藥會使你感到困倦欲睡，並會引起便秘。因為有這些副作用，所以應儘快以服用非處方止痛藥為主。

如果需要重配處方止痛藥，你必須在快要用完該藥的前幾天致電 **SCCA** 診所。不能打電話到藥房來重配處方止痛藥。**SCCA** 必須將藥物郵寄給你，或者你可以親自前來診所取藥。

婦科腫瘤電話號碼

SCCA 診所護士：
206-288-2025
傳真: 206-288-1098

復診：
206-288-6200

社工：
UWMC: 206-598-4395
SCCA: 206-288-1082

病人導航員：
206-288-6665

財務服務部：
UWMC: 206-598-4320
SCCA: 206-288-1113

**基層醫師、住院和手術時間
安排：**
206-288-2273

SCCA 藥房：
206-288-6500

7-Southeast Unit, UWMC:
206-598-4818

**下班時間後緊急情況致電
UWMC 話務員：**
206-598-6190 – 要求傳呼
值班的婦科腫瘤病住院醫
師。

復診檢查

你可能需要由你的醫生、助理醫生或執業護理師對你進行復診檢查。這項檢查通常是在手術後 3 至 6 周進行，但是你的時間安排取決於你做的是哪種手術。當你出院時，醫生將會告訴你復診檢查的日期和時間。

請致電 **206-288-6200** 以安排你的復診檢查時間。

文件

請將任何根據《家庭及醫療病假法案》(FMLA) 的請假申請、殘障人仕就業表格或重返工作信件轉發給護士辦公室。你可以將它們傳真到 **206-288-1098**，或者在你復診時帶上這些文件。

After Your Surgery

For gynecology oncology patients

This handout for gynecology oncology patients at University of Washington Medical Center (UWMC) and Seattle Cancer Care Alliance (SCCA) gives important instructions to follow after having surgery.

Activity

- Do not lift anything that weighs more than 10 pounds or do any heavy housework for 6 weeks.
- After 3 to 4 weeks, slowly start to increase your activity.
- Do **not** drive while you are taking prescription pain medicine. You may drive after you have stopped taking prescription pain medicine and you feel you can brake and turn safely.
- Remember that weakness, fatigue, and some pain are normal after surgery. These symptoms may last for 4 to 6 weeks.



Most patients have a follow-up exam about 3 to 6 weeks after their surgery.

If You Had a Hysterectomy

For 6 weeks after your hysterectomy:

- Do **not** put anything in your vagina. Do not have intercourse, douch, or use tampons.
- Do **not** take a bath, soak in a hot tub, or go swimming.

When to Call Your SCCA Clinic Nurse

Call your SCCA clinic nurse at **206-288-2025** if you have any of these symptoms:

- Fever or chills
- Discharge from your incision
- Increased bleeding from your vagina – if it is more than just spotting, or if it lasts longer than 2 weeks

- Foul-smelling discharge from your vagina or incision
- Increasing pelvic pain that is not eased by pain medicine or by resting
- Burning or pain when you urinate

Pain Medicine

You will receive a prescription pain medicine and a non-prescription pain medicine at discharge. You may need to alternate these for several days after surgery.

The prescription pain medicine will make you sleepy and cause constipation. Because of these side effects, move toward using mostly the non-prescription pain medicine as soon as you can.

If you need a refill for the prescription pain medicine, call the SCCA Clinic several days before you run out. The prescription pain medicine refill cannot be called in to your pharmacy. SCCA must mail the medicine to you, or you can pick it up at the clinic in person.

Follow-up Exam

You will likely need a follow-up exam by your doctor, their assistant, or a nurse practitioner. This exam is usually done 3 to 6 weeks after surgery, but your timing will depend on the type of surgery you had. This information will be given to you when you are discharged from the hospital.

Please call **206-288-6200** to schedule your follow-up exam.

Paperwork

Please forward any requests for Family and Medical Leave Act (FMLA), employment disability forms, or return-to-work letters to the nurses' office. You may fax them to 206-288-1098, or bring them with you to your follow-up visit.

Gynecology Oncology Phone Numbers

SCCA Clinic Nurses:
206-288-2025
Fax: 206-288-1098

SCCA Follow-up Visits:
206-288-6200

Social Work:
UWMC: 206-598-4395
SCCA: 206-288-1082

**SCCA Patient
Navigator:** 206-288-6665

Financial Services:
UWMC: 206-598-4320
SCCA: 206-288-1113

**SCCA PCCs, Intake, and
Surgery Scheduling:**
206-288-2273

SCCA Pharmacy:
206-288-6500

7-Southeast Unit, UWMC:
206-598-4818

**Urgent after-hours paging
operator at UWMC:**
206-598-6190 – Ask for the
gynecology oncology
resident on call to be
paged.