UW Medicine
SPORTS, SPINE & ORTHOPEDIC HEALTH
SPORTS MEDICINE CENTER

手术前和手术后

海景医院运动医学中心

手术: _____

请遵照下列指示：



提前到达

请在你的手术前到达：

- ❑ 15 分钟
- ❑ 45 分钟
- ❑ 1 小时 – 进行抽血或静脉（IV）管

司机或护送：

- ❑ 你必须有司机将你带到诊所并送你回家。
- ❑ 司机是可选的。如果你自己开车，则需要在手术后等待 15 至 30 分钟才能开车。
- ❑ 你的陪同人员可以开车或带你一起乘公共汽车，出租车，班车或其他公共交通工具。

❑ **饮食：**

- ❑ 你可以照常饮食。
- ❑ 手术前 6 个小时内请勿进食或喝任何东西。

❑ **血糖：**

- ❑ 手术当天早上检查血糖。避免在手术当天吃或喝单糖。
- ❑ 我们可能会在你手术当天检查你的血糖。

❑ **药物和疫苗：**

- ❑ 按照规定服用血压或糖尿病药物。
- ❑ 带上你的_____吸入器。
- ❑ 手术前 7 天停止服用维生素和草药产品。
- ❑ 在手术前_____天，停止服用_____消炎药。

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- ❑ 在与你家庭医生（PCP）交谈后，我们将致电跟你解释如何管理血液稀释剂。
- ❑ 如果你正在服用 HIV 药物，我们将联系为你开此处方药物的医生，以确保你可以安全地进行手术。
- ❑ 如果你的医生告诉你服用抗焦虑药，请在手术前服用。（如果你服用这种药，则必须有司机将你带到诊所并送你回家。）
- ❑ 如果你开始服用抗生素或发烧，请致电诊所重新安排你的手术。
- ❑ 手术前 2 周或手术后 2 周不要接种疫苗。

其他：

- ❑ 我们可能会在你的手臂静脉中插入静脉（IV）管。

手术后

除非你的护理人员给你其他指示，否则：

- 你可以在手术后的第二天进行日常活动。
- 你可以淋浴。
- 48 小时内请勿泡澡，游泳或在热水浴缸中。
- 48 小时内请勿在伤口处直接加热或使用加热垫。
- 除非你从事体力劳动的工作，否则你可以在手术后的第二天重返工作岗位。请跟你的医生商量此事。
- 头 3 至 7 天应避免物理治疗或剧烈运动。请咨询你的医生何时可以恢复锻炼。
- 手术后的第二天，请继续服用术前所停的所有药物。
- 请注意，症状可能在变得好转之前变得更糟。
- 如果你注射类固醇，可能需要 2 至 3 周才能见效。

联系

海景医院的运动医学中心门诊时间为工作日的上午 8 点至下午 4 点。如果你有以下情况，请致电 206.744.0401，然后按 2，：

- 对你的手术有任何疑问
- 想和你的临床护士询问有关你的症状。

疑虑?

你的问题很重要。如果你有疑虑，请联系你的医生或护理人员。

联系海景医院的运动医学中心（Sports Medicine Center ）工作日 8 a.m. 至 4 p.m., 联系 206.744.0401，如何按 2。

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Before and After Your Procedure

At the Sports Medicine Center at Harborview

Procedure: _____

Please follow all the instructions that are marked below.



Arrive early, as marked.

Arrive before your procedure by:

- ❑ 15 minutes
- ❑ 45 minutes
- ❑ 1 hour – for a blood draw or to start your *intravenous* (IV) line

Driver or escort:

- ❑ You must have a driver to bring you to the clinic and take you home.
- ❑ Having a driver is optional. If you drive yourself, you will need to wait 15 to 30 minutes after your procedure before driving.
- ❑ Your escort may drive you in a car, or you may ride together in a bus, taxi, shuttle, or other public transit.

Eating and drinking:

- ❑ You may eat and drink as usual.
- ❑ Do **not** eat or drink anything for 6 hours before your procedure.

Blood sugar:

- ❑ Check your blood sugar the morning of your procedure. Avoid eating or drinking simple sugars the day of your procedure.
- ❑ We may check your blood sugar on the day of your procedure.

Medicines and vaccines:

- ❑ Take your blood pressure or diabetes medicines as prescribed.
- ❑ Bring your inhaler, _____, with you.
- ❑ Stop taking vitamin and herbal products 7 days before your procedure.
- ❑ Stop taking your anti-inflammatory medicine, _____, _____ day(s) before your procedure.

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- ❑ We will call you to explain how to manage blood thinners after we talk with your primary care provider (PCP).
- ❑ If you are taking HIV medicines, we will call the provider who prescribed your medicines to make sure it is safe for you to have the procedure.
- ❑ If your doctor tells you to take anti-anxiety medicine, take it before your procedure. (If you take this medicine, you **must** have a driver to bring you to the clinic and take you home.)
- ❑ If you begin taking antibiotics or you have a fever, call the clinic to reschedule your procedure.
- ❑ Do **not** get a vaccine for 2 weeks before or 2 weeks after your procedure.

Other:

- ❑ We may place an *intravenous* (IV) line into your arm vein.

After Your Procedure

Unless your care provider gives you other instructions:

- You may do your usual activities on the day after your procedure.
- You may shower.
- Do **not** take a bath, swim, or sit in a hot tub for 48 hours.
- Do **not** apply direct heat or use a heating pad on the site for 48 hours.
- You may return to work the day after your procedure, unless you have a job that involves physical labor. Talk with your provider about this.
- Avoid physical therapy or intense exercise for 3 to 7 days. Ask your provider when it will be OK for you to resume exercise.
- The day after your procedure, resume taking medicines you stopped.
- Be aware that your symptoms may get worse before they get better.
- If you have a steroid injection, it may take 2 to 3 weeks for you to receive full benefit.

Who to Call

The Sports Medicine Center at Harborview is open weekdays from 8 a.m. to 4 p.m. Call 206.744.0401 and press 2 if you:

- Have questions about your procedure
- Want to talk with a clinic nurse about your symptoms

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

To talk with a clinic nurse at the Sports Medicine Center at Harborview: Weekdays from 8 a.m. to 4 p.m., call 206.744.0401 and press 2.

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