



麻醉后在家恢复

可能出现的状况、及何时需要与医生联系

这本讲义解释了麻醉后的自我护理。它告诉患者什么是正常的副作用，什么时候应该致电求助。

回家

手术或医疗程序结束后必须有一个负责任的成年人送您回家。在药效完全消失之前，开车是违法的。

在您做手术之前，请计划安排一名陪同人员或司机。如您有任何疑问，请致电您的医疗服务提供者。



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可能出现的状况

麻醉后您可能会感到困倦，并有下列这些症状：

- 喉咙痛
- 肌肉痛
- 间歇性的头晕
- 头痛
- 恶心
- 呕吐 (少见)

这些副作用通常会在手术后几小时内缓解。但是，您的身体可能需要几天的时间才能从手术的压力中恢复过来。您的一些症状也可能来自于您正在服用的止痛药。

神经封闭式的麻醉

如您接受了“神经封闭”式的麻醉，我们会告诉您麻木感应该何时消失，何时开始服用止痛药。要小心使用和移动您身体的麻木部分。麻木时它可能感觉没有平时那么灵敏或强烈。

如您感到恶心，请仅喝清澈的液体，直到恶心感消失。如您的恶心感没有消失，请致电您的医护人员。

积留尿液

有些患者在手术后会出现尿潴留（无法排尿）。如果您在手术后 8 小时仍无法排尿，或您的膀胱感到疼痛和胀痛，请致电您的医疗服务提供者。如果您的膀胱太满，可能会引起严重的问题。甚至需要去急诊室接受治疗。

药物

请勿服用任何药物，除非您的医疗服务提供者开的处方药，或认可的药物。

大多数患者可以立即开始服用他们常用的药物。如您对何时恢复服药有疑问，请询问开药的医生。

脊髓或硬膜外麻醉后的疼痛

脊柱麻醉或硬膜外麻醉后，腰部有轻微疼痛是正常的。有些患者在站立时会头痛，躺下后就会减轻。如您有这样的头痛，请致电左栏“您有疑问吗？”框中所提供的一个号码。如果需要，我们可能会建议治疗。

自我护理

手术后至少 24 小时内或在服用阿片类(opioid)止痛药期间：

不要：

- 驾车或操作任何机械
- 喝酒
- 做重大的决定或签署法律文件
- 负责照顾孩童、宠物或看护需要照顾的成年人

需要做的：

- 在家休息
- 安排一位成年人在您家陪伴您
- 先开始喝液体，然后慢慢进展到平时的饮食。
- 至少在您手术的当天、需安排他人来照顾您的孩子或其他您要负责照顾的人。
- 服用阿片类药物时行动要小心（如您突然移动，可能会感到头晕）。
- 保护任何麻木的肢体，使其免受压力、热、冷或其他任何可能伤害到该部位的物件。

何时打电话

如有以下症状，请立即拨打 911。

- 呼吸困难
- 胸口很闷或压重感
- 感到困惑，或者不能正常说话
- 脸部或嘴部动作有改变
- 出现新的虚弱或麻木

您有疑问吗？

我们很重视您的提问。如有疑问或顾虑、请致电您的医生或医护提供者。

有关麻醉后的护理：

上班期间上午 8 点至下午 6:30，请致电麻醉预科：
206.598.6334.

下班后及周末假期请致电：
206.598.6190，请接线生传呼当值的麻醉住院医生

对手术或药物的疑问请致电您的医生：

Dr. _____

Recovering at Home After Anesthesia

What to expect and when to call

This handout explains self-care after having anesthesia. It tells what side effects are normal and when to call for help.

Getting Home

You must have a responsible adult take you home after your procedure.

It is against the law to drive until the drug has fully worn off.

Before your procedure, plan for an escort or driver. If you have any questions, please call your healthcare provider.



A responsible adult must take you home after your procedure.

What to Expect

You may feel sleepy and have these symptoms after having anesthesia:

- Sore throat
- Headache
- Muscle aches
- Nausea
- Dizziness that comes and goes
- Vomiting (rare)

These side effects usually ease within hours after your procedure. But, it may take days for your body to recover from the stress of surgery. Some of your symptoms may also be from the pain medicine you are taking.

Nerve Block Anesthesia

If you received a “nerve block” anesthesia, we will tell you when the numbness should wear off and when to start taking your pain pills. Be careful with how you use and move the numb part of your body. While it is numb, it may not have as much feeling or be as strong as usual.

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

Retaining Urine

Some patients have *urinary retention* (cannot pee) after a procedure. If you still cannot urinate 8 hours after your procedure, or if your bladder feels painful and full, call your provider. If your bladder gets too full, it can cause serious problems. You may need to go to the emergency room for treatment.

Medicines

Do not take any medicines unless your provider prescribed or approved them. Most patients can start taking their usual medicines right away. If you have questions about when to resume taking your medicines, ask the doctor who prescribed them.

Pain After Spinal or Epidural Anesthesia

It is normal to have mild pain in your lower back after spinal or epidural anesthesia. Some patients have a headache when they are upright, that eases when they lie down. If you have a headache like this, call one of the numbers in the “Questions” box. We may advise treatment, if needed.

Self-care

For at least 24 hours **and** while you are taking opioid pain medicines:

Do NOT:

- Drive a car or use machines
- Drink alcohol
- Make important decisions or sign legal papers
- Be responsible for children, pets, or an adult who needs care

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
- Plan 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 opioids (you may feel dizzy if you make sudden moves)
- Protect any numb limbs from pressure, heat, cold, or anything else that could harm them

When to Call

Call 911 **right away** if you have any of these symptoms:

- Trouble breathing
- A feeling of pressure or weight on your chest
- You feel confused, or you cannot speak normally
- A change in your face or how you move your mouth
- New weakness or numbness

Questions?

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

For questions about your anesthesia care:

Weekdays 8 a.m. to 6:30 p.m., call the Pre-Anesthesia Clinic at 206.598.6334.

After hours and on weekends and holidays, call 206.598.6190 and ask to page the Anesthesia Resident on call.

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

Dr. _____