

服药

- 手术前至少 7 天不要服用布洛芬（Motrin 或 Advil）、阿司匹林或萘普生（Aleve）。这些药物会增加手术部位出血的风险。如果您的孩子的医疗保健提供者建议，可服用对乙酰氨基酚（Tylenol）。
- 如果您的孩子正在服用抗凝剂（例如阿司匹林、香豆素或 Lovenox），请打电话给您的提供者，了解停药日期。
- 接受医疗提供者照料的儿童应在手术或程序前询问有关停药或继续用药的说明。

降低您的孩子的感染风险

- 在手术或程序前 7 天内不要剃除手术部位附近的毛发（剃须、打蜡、涂脱毛膏和使用激光）。
- 在手术或程序后 7 天内不要有新的穿孔或纹身。
- 在手术或程序的前一天晚上或当天早上为您的孩子洗澡。
- 如果您的医生给您 Hibiclens 肥皂，请使用。注意清洗手术部位，但不要用于头部或面部。
- 如果为您开具 Bactroban（莫匹罗星）处方，请遵守包装上的使用说明。
- 去除孩子手指和脚趾上的指甲油。
- 来医院前取下所有首饰，留在家中，包括任何穿孔和身体首饰。如果取下首饰会导致穿孔闭合，请联系穿孔专业人员，放置非金属首饰。

在家中护理孩子

- 我们将与您讨论活动、药物、疼痛、手术部位护理、饮食以及服务提供者希望孩子何时复诊。
- 请遵循日程安排员的所有饮食说明。

手术或程序后的疼痛护理

手术或程序后，您的孩子可能会感到疼痛。我们将与您和您的孩子合作，尽可能预防和减轻疼痛。您最了解您的孩子，请积极参与孩子的康复。无论您的孩子的疼痛程度如何，请相信他们正在经历疼痛，并立即作出回应。除了药物，鼓励使用应对工具治疗疼痛，并提供支持。

如需了解更多详情

- 您的孩子的专科诊所
206-987-_____
- 向您的孩子的医疗保健提供者询问
- seattlechildrens.org

免费口译员服务

- 在医院内，向您的护士询问。
- 在医院外，拨打免费家庭口译专线电话 1-866-583-1527。告诉口译员您需要通话的人的姓名或分机号码。



西雅图儿童医院向聋人、听力障碍者或不会讲英语的患者、家庭成员和法律代表提供免费口译服务。西雅图将应请求用其他格式提供本信息。请打电话给家庭资源中心，电话号码 206-987-2201。本手册已经由西雅图儿童医院的工作人员审阅。但是，您的孩子的需求具有独特性。在您根据本信息采取行动或依赖本信息之前，请向您的孩子的医疗保健提供者洽询。

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Care Before a Surgery or Procedure

Taking medicines

- **Do not** give ibuprofen (Motrin or Advil), aspirin or naproxen (Aleve) for at least 7 days before the surgery. These medicines can increase the risk of bleeding from the surgical site. It is OK to give acetaminophen (Tylenol), if recommended by your child's healthcare provider.
- If your child is taking an anticoagulant (like aspirin, Coumadin or Lovenox), call your provider for the stop date.
- Children under the care of a medical provider should ask for instructions on stopping or continuing medicines before the surgery or procedure.

Lower your child's risk of getting an infection

- Do not remove hair (shaving, waxing, depilatory creams, and lasers) near the surgical site area within 7 days before the surgery or procedure.
- Do not get a new piercing or tattoo within 7 days of the surgery or procedure.
- Bathe your child the night before or morning of surgery or procedure.
- If you were given a Hibiclens packet by your doctor, use it. Pay attention to the surgical site, but do not use it on the head or face.
- If you were given a prescription for Bactroban (Mupirocin), follow the instructions on the package for use.
- Remove nail polish from your child's fingers and toes.
- Remove all jewelry at home before coming to the hospital. This includes any piercings and body jewelry. If removing jewelry will result in the closure of the piercing, please contact a piercing professional to place non-metal jewelry.

Care for your child at home

- We will talk with you about activity, medicine, pain, surgical site care, diet and when the provider wants to see your child again.
- Please follow all eating and drinking instructions from the scheduling staff.

Pain after the surgery or procedure

After a surgery or procedure, your child may feel pain. We will partner with you and your child to prevent and relieve pain as much as possible. You know your child best. Take an active part in their recovery. No matter the level of your child's pain, believe they are hurting and respond right away. In addition to medicine, encourage coping tools to treat pain and provide support.

To Learn More

- Your child's specialty clinic
206-987-_____
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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