

神经外科

术后护理您的孩子

如何护理切口并保护您孩子的头部、何时恢复活动、何时给我们打电话以及如果您有疑虑该给谁打电话。

我如何护理切口？

大多数情况下，我们会使用在术后一个月左右会自行溶解的缝线缝合您的孩子的手术部位（切口）。

- 每天用肥皂和水轻轻地清洗孩子的切口，直到完全愈合，长出疤痕。用干净毛巾将切口拍干。
- 在手术切口看起来像愈合良好的疤痕之前，不要让伤口浸入水中（浴缸、游泳池、热水浴缸或湖水）。
- 除非您的护理团队指示，否则不要在切口上放任何敷料或涂抹任何药膏。

我如何保护孩子的头部？

- 像平常一样保护切口，免受硬物碰撞、尖锐物体触碰和晒伤。
- 孩子可以以任何姿势躺下。鼓励孩子在醒来时经常改变姿势（至少每 2 小时一次）。
- 您可以选择让孩子坐在汽车座椅、高脚椅或其他座椅上，帮助减少面部和头部肿胀。如果孩子感觉舒适，可以每天 3 到 4 次这样做，每次持续一小时或更长时间。
- 孩子应将双脚放在地面上，并避免接触性活动（禁止骑自行车、玩滑板、攀爬、玩秋千等），直到术后 2-3 个月接受术后检查。

我的孩子何时可以恢复上日托所和其他正常活动？

当孩子出现以下情况时，则可以返回学校、日托所或恢复其他正常活动：

- 饮食和睡眠状况良好
- 不发烧
- 感觉已做好准备
- 不再需要服用强效止痛药，如羟考酮 (oxycodone) 或氢吗啡酮 (hydromorphone)

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如需了解更多详情

- 神经外科诊所
206-987-2544
 - 选项 1: 预约
 - 选项 2: 手术协调员
 - 选项 4: 护士
- 医院接线员
206-987-2000
- 请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。



我的孩子在家中为什么需要服用止痛药？

您的孩子在家中可能会出现疼痛。对乙酰氨基酚（Tylenol）或布洛芬（Advil 或 Motrin）常用于止痛。在让您的孩子服用任何类型的药物之前，请咨询您的医疗保健提供者。

如果是中度或重度疼痛，还会为大多数儿童开处方止痛药。根据需要，将处方止痛药与 Tylenol 或 Motrin 配合使用，直到疼痛减轻。

请参阅以下西雅图儿童医院的传单：

- 急性疼痛
seattlechildrens.org/pdf/PE503.pdf
- 对乙酰氨基酚（Tylenol）剂量表
- seattlechildrens.org/pdf/PE1305.pdf
- 布洛芬（Motrin）剂量表
seattlechildrens.org/pdf/PE1306.pdf
- 术后止痛药
seattlechildrens.org/pdf/PE1251.pdf

我何时应当打电话给诊所？

如果您的孩子出现以下任何迹象，请打电话：

- 发烧达到 101.5°F (38.6°C) 或更高
- 与平时相比不太清醒或警觉性较差
- 新出现的切口周围肿胀或肿胀恶化
- 切口周围皮肤颜色发生变化。取决于肤色，可能是红色、紫色或深棕色
- 切口周围的皮肤摸起来发热
- 切口边缘开裂或有液体流出
- 药物无法缓解疼痛
- 不能正常进食或喝饮料、呕吐

术后便秘

术后让孩子服用的止痛药会导致便秘。每个孩子都不同，但如果孩子每天不能至少排便一次，则可以认为是便秘。为了防止出现这个问题，请尝试以下建议：

- 让孩子喝大量的饮料。果汁和水都是不错的选择。水不含卡路里，所以是不错的选择。苹果汁、西梅汁和葡萄汁对一些儿童有帮助。
- 让孩子多吃水果和蔬菜。樱桃、李子、梨和葡萄干等高纤维水果很好。一些高纤维蔬菜包括豆类、豌豆、芹菜和西兰花。
- 增加麸皮摄入量。全麦饼干、格兰诺拉麦片、麸皮松饼和碎小麦等食物的麸皮含量很高。大一点的孩子可以吃爆米花。Fibercon 饼干是另一个很好的麸皮来源，在一些药店可以买到。
- 让孩子吃无糖或减糖小熊软糖，其中含有不会被人体吸收的甜味剂，如山梨糖醇和麦芽糖醇。无糖或减糖小熊软糖就像儿童泻药。只有无糖和减糖小熊软糖有这种作用，普通小熊软糖没有这种作用。
- 让孩子尽快活动。起床和步行等活动可以帮助孩子排便。

大便软化剂

上述饮食变化通常有助于改善便秘。

我们可能会在术后为您的孩子开大便软化剂。如果您的孩子有便秘问题，请在出院前让医生开大便软化剂。请记住，孩子需要喝大量饮料，才能使大便软化剂起作用。

您还可以使用大多数药店出售的甘油栓剂 (glycerin suppositories) 治疗便秘。

我何时返回接受后续就诊？

术后两周您需要在神经外科执业护士处就诊，以确保切口愈合良好。如果您不是西雅图市本地人，可以在您的孩子的初级保健医生处接受这次门诊。

此后，您可能在术后 2-3 个月时看一次外科医生。在这次门诊中，您可以讨论您的孩子是否可以恢复正常活动，或者是否需要更多的活动限制。

如果我有问题，应当给谁打电话？

请在上午 8 点至下午 5 点之间拨打电话号码 206-987-2544，选项 4，给神经外科护士打电话。在晚间、周末和节假日，请打电话给医院接线员，电话号码 206-987-2000，要求与值班神经外科医生通话。

Neurosurgery

Care After Your Child's Surgery

How to take care of the incision and protect your child's head, when to return to activities, when to call us and who to call if you have concerns.

How do I take care of the incision?

Most of the time, we close your child's surgery site (incision) with stitches that dissolve on their own about 1 month after the surgery.

- Gently wash your child's incision daily with soap and water until it is completely healed to a scar. Pat the incision dry with a clean towel.
 - Do not let the wound go under water (bath, pool, hot tub or lake) until the surgical incision looks like a well-healed scar.
 - Do not put any dressings or ointments on the incision unless directed by your care team.
-

How do I protect my child's head?

- Protect the incision from hard bumps, sharp objects and sunburn, as usual.
 - Your child may lie in any position. Encourage your child to change position frequently while awake (at least every 2 hours).
 - You may choose to sit your child in a car seat, highchair or other seat to help reduce swelling of the face and head. This can be done 3 to 4 times a day for an hour or more if your child is comfortable.
 - Your child should keep their feet on the ground and avoid contact activities (no bikes, skateboards, climbing, swings, etc.) until they have their post-surgery appointment 2-3 months after surgery.
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When can my child return to day care and other normal activities?

It is OK to return to school, day care or other normal activities when your child:

- Is eating and sleeping fairly well
 - Has no fever
 - Feels ready
 - No longer needs strong pain medication, such as oxycodone or hydromorphone
-

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To Learn More

- Neurosurgery Clinic
206-987-2544
 - Option 1: Scheduling
 - Option 2: Surgery Coordinator
 - Option 4: Nurses
- Hospital operator
206-987-2000
- 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.



Will my child need pain medicine at home?

Your child may have some pain at home. Acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) are often used for pain. Check with your healthcare provider before giving any type of medicine to your child.

Most children will also get a prescription medicine to use if the pain is moderate or severe. Use this along with Tylenol or Motrin as needed until the pain decreases.

Refer to these Seattle Children's handouts:

- Acute Pain
seattlechildrens.org/pdf/PE503.pdf
- Acetaminophen (Tylenol) Dosage Table
seattlechildrens.org/pdf/PE1305.pdf
- Ibuprofen (Motrin) Dosage Table
seattlechildrens.org/pdf/PE1306.pdf
- Pain Medicine After Surgery
seattlechildrens.org/pdf/PE1251.pdf

When should I call the clinic?

Call if your child has any of these signs:

- Fever of 101.5° F (38.6° C) or higher
- Less awake or alert than normal
- Swelling around the incision that is new or worsening
- Change in skin color around the incision. Depending on skin tone this could be red, purple or dark brown
- The skin around the incision is warm to the touch
- Edges of the incision split apart, or fluid leaks out
- Pain that is not helped by medicine
- Not eating or drinking well, vomiting

Constipation after surgery

The pain medicine given to your child after surgery can cause constipation. Each child is different, but a child can be considered constipated if they do not have at least one bowel movement each day. To prevent this problem, try these suggestions:

- Give your child plenty of liquids to drink. Juice and water are both good choices. Water has no calories, so it is a good choice. Apple, prune and grape juices help some children.
- Have your child eat lots of fruits and vegetables. High-fiber fruits such as cherries, prunes, pears and raisins are great. Some high-fiber vegetables are beans, peas, celery and broccoli.
- Increase bran. Foods such as graham crackers, granola, bran muffins and shredded wheat are high in bran. Older children may have popcorn. Fibercon cookies are another great source of bran and are found at some drug stores.
- Offer sugar-free or diet gummy bear candies, which contain sweeteners like sorbitol and maltitol that are not absorbed in the body. Sugar-free or diet gummy bears act like a laxative for children. Only sugar-free and diet gummy bears work in this way, not regular gummy bears.
- Have your child get moving as soon as they can. Activity like getting out of bed and walking can help get their bowels moving.

Stool Softeners

The diet changes above often help with constipation.

We may prescribe stool softeners for your child following surgery. Please ask the doctor to prescribe a stool softener before leaving the hospital if your child has a problem with constipation. Remember that your child will need to drink lots of liquids for the stool softener to work.

You can also treat constipation with glycerin suppositories found at most drug stores.

When do I come back for a follow-up appointment?

You will have a visit with a neurosurgery nurse practitioner 2 weeks after surgery to ensure the incision is healing well. If you are not local to Seattle, it might be ok to do this visit with your child's primary care doctor.

After that, you will likely have an appointment with the surgeon 2-3 months after surgery. At that visit, you can discuss if your child can return to normal activities or if more activity restrictions are needed.

Who do I call when I have a question?

Call the Neurosurgery nurses at 206-987-2544, option 4 from 8 a.m. to 5 p.m. During evenings, weekends and holidays, call the hospital operator at 206-987-2000 and ask to speak to the neurosurgery provider on call.
