

Taichung Armed Forces General Hospital

Leaflet of Inpatient Nursing Instructions

手術前後之護理指導

Sir/Lady:

Instructions for pre-and postoperative nursing

I. Preparation before surgery:

- (1) Before the surgery, routine blood and urine tests will be performed, and electrocardiogram and chest X-ray may be conducted depending on the need.
- (2) To prevent infection at the surgical site, clean the area thoroughly and, if necessary, shave the surgical site.
- (3) The night before surgery, an enema may be administered as directed by the doctor depending on the condition to clear the intestinal contents.
- (4) To avoid vomiting and discomfort during or after the surgery, no food or drink, including boiled water, should be consumed starting at 24:00 the night before surgery.
- (5) Before surgery, practice ankle exercises to move the ankles up, down and in circular motions in bed. After the surgery, do these exercises frequently while bedridden to promote peripheral blood flow to the heart.

II. Preparation on the day of surgery:

- (1) You will be asked to change into surgical clothing. Do not use hair styling products, and remove your hand accessories, watch, beads, necklace, removable dentures, prosthetic eyes, contact lenses, hairpins, and other items to avoid accidental injury during surgery or anesthesia.
- (2) Avoid makeup or nail polish (including gel nails) to facilitate monitoring vital signs and peripheral circulation during surgery.
- (3) In the morning, the nurse will administer an IV to supplement necessary fluids.
- (4) Make sure to use the bathroom before the surgery to empty the bladder.
- (5) A staff member will transport you to the operating room on a stretcher.

III. Preparation after surgery

- (1) After surgery, you will be sent to the recovery room for observation due to the anesthesia administered during surgery.
Once stable, you will be sent back to your ward.
- (2) If spinal anesthesia was used, you must remain flat for 6-8 hours after surgery. Do not use a pillow to prevent the complication of headache.
- (3) To avoid vomiting caused by anesthesia, eating will be prohibited for about 6 hours after surgery.
- (4) If the doctor permits, start with small amounts of food or water. Drink water or consume soft food first; avoid gas-producing food such as beans and milk when you are still bedridden to prevent bloating.
- (5) If not required to remain flat, turn once over every 2 hours after surgery.
- (6) Perform deep breathing and coughing exercises to help expand the lungs and facilitate

the expulsion of mucus.

- (7) To promote recovery, the nurse will teach you post-surgery exercises according to the type of surgery you received.
- (8) Within 3 days after surgery, ice may be applied around the wound, as applicable, to reduce swelling and relieve pain.
- (9) After surgery, the following tubes may be left in place: Wound drainage tube, urinary catheter, central venous catheter, etc. Further explanations will be provided after surgery.
- (10) Pain management is part of the treatment. Effective pain control can promote recovery after surgery and improve comfort. Please do not force yourself to endure pain from the wound. The doctor will prescribe pain medication after surgery. Please request it as soon as you start feeling pain. (If you use a self-paid pain control device, press the administration button when you start feeling pain or before moving or changing position).
- (11) "Pain intensity" is an important reference for medical staff to manage pain and evaluate the effectiveness of pain relief. After surgery, the nurse will use a "numerical pain rating scale" to assess your pain intensity. The scale ranges from 0 (no pain) at the left end to 10 (worst pain) at the right end. Please report your pain intensity as you feel it.
- (12) Use of opioid painkillers for post-surgery pain control is associated with a very low probability of development of addiction or respiratory depression, and it will not affect the healing of the surgical wound, so there is no need to worry. Common side effects of opioid painkillers include dizziness, drowsiness, nausea, vomiting, constipation, and itching. These side effects can be prevented. If you have any of the above symptoms, please proactively report it so that the dose may be adjusted or other drugs may be used to alleviate your symptom.
- (13) If you experience pain after surgery, please proactively inform the medical staff.

If you are still unclear about something or have any questions, please contact the nursing station in the ward