



Educational Resources in International Languages

腹腔镜胆囊切除术 Laparoscopic Cholecystectomy

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病人信息:

患者40岁。右上腹疼痛已经持续数月。吃东西时疼痛加剧，特别是脂肪含量高的食品。患者想要将胆囊切除，但对所涉及的风险感到担忧。

医生应该向患者解释哪些内容：

手术治疗说明：

腹腔镜胆囊切除术是一项锁孔手术，目的是切除引起疼痛的胆囊和胆结石。胆囊作为一个小贮存器，附着在右上腹部肝脏下方的胆管侧面。当我们吃东西时，胆囊将储存的胆汁排空到胆管中，然后胆汁进入肠道与食物混合。这一过程帮助消化。

该手术将在腹部切开3到4个小口子(切口)。然后把摄像机和特殊仪器插入切口，以确定并切除胆囊。这样操作避免了在上腹部开一个大切口来切除胆囊。

该手术在全身麻醉下进行，通常是一个日间手术。

手术有一定风险。一般风险包括：

- 疼痛。
- 出血。
- 感染。
- 深静脉血栓形成。
- 肺栓塞。
- 全麻风险。

手术特殊风险包括：

- 对肠道和周围组织的损伤。
- 胆总管损伤(三百分之一)。
- 结石残留(4%)。
- 胆漏/胆汁收集。
- 转为开腹手术(<5%)。

您还有其它问题吗？

病人：我需要输血吗？

医生：需要输血的风险是很低的，但是我们可以采集你的血样以防万一你需要输血。

病人：多久可以从麻醉中恢复过来？

医生：大部分麻醉影响在几小时内就会逐渐消失。然而，术后一两天注意力不集中、记忆力差是很常见的。因此，请注意，麻醉后至少24小时内，不要做重要决定、不要签署法律文件、也不要操作机器设备。

病人：手术后我可以正常饮食吗？

医生：是的，一旦你准备好了就可以恢复正常饮食。

病人：我什么时候可以开始驾车？

医生：腹腔镜手术后的两周到四周内、开腹手术后的四周到六周内，最好不要驾车；驾车之前，你应该确保自己能完成一个紧急刹车。健康状况不佳的情况下驾车可能使你的保险失效。

病人：我什么时候可以回去工作？

医生：一旦你感觉良好就可以回去工作了。这取决于你自己的感觉和你的工作类型。

病人：我应当怎样护理伤口？

医生：你出院的时候还包扎着敷料，但是术后第五天基本上就不再需要敷料了。一开始，你最好只是淋浴。切口缝合通常用的是可吸收的缝合材料，不需要拆线。切口很可能在一到两周内泛红和不适，一定程度的淤青和肿大也是常见的。

医生：请问还有关于手术的其它问题吗？

病人：没有了。

医生：您是否同意进行此项手术？是的话，能否在此签字？

非常感谢。



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