



Educational Resources in International Languages

右侧腹股沟疝开放式网片修补术 Open Mesh Repair of Right Inguinal Hernia

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患者信息：

你今年六十五岁，两天以来你的右侧腹股沟持续疼痛，不断恶化，你记得你是在工作中托举重物时突然开始痛的。你是一位建筑工人，从未生病或住院。

医生应说明：**手术信息：**

腹股沟疝是腹壁肌肉的一处薄弱点，可能会导致局部肠或脂肪在皮下凸起。本次手术将在右侧腹股沟褶皱上方切口。这个切口能方便外科医生确认疝气的所在，修补造成疝气形成的薄弱处。薄弱区域将用网片来加固。

该手术可采用局部、脊髓或全身麻醉，通常为日间手术。

该手术伴有一定风险，一般风险有：

- 疼痛。
- 流血。
- 感染。
- 深静脉血栓形成。
- 肺栓塞。
- 全身麻醉风险。

具体风险有：

- 复发疝(<1.4%)。
- 神经损伤。
- 慢性疼痛或麻木(<5%)。
- 睾丸损伤伴缺血性睾丸炎(睾丸炎)和/或萎缩(收缩)(3-5%)。
- 潜在器官或肠损伤。

您还有其他疑问吗？

患者：我需要输血吗？

医生：需要输血的风险是很低的，该手术应无需输血。

患者：从麻醉中恢复需要多久？

医生：大部分麻醉效果会在数小时内消退，然而，在麻醉的头几天里出现注意力难以集中、记忆力下降等现象是正常的。所以，在麻醉后至少二十四小时内，您最好不要做重要决策，签署法律文件，操作机器设备。

患者：在手术后我能正常吃喝吗？

医生：可以，只要您感觉无碍，随时可以回归正常饮食。

患者：什么时候我可以开始驾驶车辆？

医生：我建议您在至少七到十天内不要尝试驾驶，在驾驶前，您应先确定自己能做出完整的紧急停车动作，在身体不适宜的情况下驾驶可能使保险无效。

患者：什么时候我可以开始工作？

医生：这取决于您自己的感受和您的工作种类，只要您感觉无碍，就可以开始工作。

患者：我该如何照料术后伤口？

医生：您的伤口需要包扎，但手术后的第五天，您就可以把敷料拆除了。在开始的几天里您最好选择淋浴，伤口通常会用可吸收缝合线缝合，所以您不用拆线。一到两周内伤处很有可能红肿不适，青紫和肿胀都是正常的。

医生：关于该手术您还有什么想了解的吗？

患者：没有了。

医生：您愿意进行这项手术吗？愿意的话，麻烦您在此处签名。

十分感谢。



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- Clinical Anatomy as Applied to Trauma and Emergency Medicine
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Postgraduate:

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- MRCS Part B OSCE
- DOHNS: Intensive Revision & OSCE
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- Ultrasound-Assisted Botulinum Toxin Injection for Neuromuscular Disorders
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