MORPHO
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GENERAL POST-OP INSTRUCTIONS
一般性术后注意事项

After surgery, your plastic surgeon (Dr. Perry Liu or his Associate(s)) would like to see you on post-operative day 1 or 2. They want to make sure that your recovery from surgery is going well and answer any immediate post-operative questions you may have. If, for some reason a problem does arise, they would also be able to address it quickly and correct any problems that arise. Inevitably, you will have questions regarding your surgery, its outcome, and other questions, which you may not have anticipated. They will be able to address these during your post-operative appointment.

术后，获得执业认证的你的整形医师（刘医师或其助理医师）坑你在术后第 1 或 2 天来探访你。他们希望明确你的术后康复过程是否顺利，并回答你可能提出的任何即时的术后问题。如果你出现任何问题，他们也能够迅速解决并修正可能出现的任何问题。不可避免的是，关于你的手术、手术结果及其他事件，你可能产生一些超出术前预期的问题。这些问题都将在医师与你的术后会面中得到解决。

Should an emergent problem or issue arise after surgery that needs immediate attention, you can reach Dr. Perry Liu or his Associate(s) by calling the office number at (310) 933-9944. Either the office or the Exchange (after office hours) will connect you to your doctor. 刘博士或其助理

如果术后出现需要立即处理的紧急问题或事件，你可以拨打诊所电话(310) 933-9944，联系刘医师或其助理医师。诊所或话务台(下班时间)将为你转接医师。

When to call your Doctor
何时联系医师?

Call your doctor immediately if you have any of the following:
如果你出现以下任一问题，请立即联系医师:

- Fever of 100.5°F or higher
  发热 100.5℉ 及以上;
- Swelling, oozing, worsening pain, or unusual redness around the incision
  切口附近肿胀、渗漏、疼痛加重或不寻常的泛红;
- Increasing abdominal pain
  腹痛加重;
- Unable to urinate
  不能小便;
- Severe diarrhea, bloating, or constipation nausea or vomiting
  严重的腹泻、腹胀、便秘、恶心或呕吐;

Some mild nausea or vomiting is not uncommon the first 24 hours following surgery. Please notify us if you are experiencing severe nausea and vomiting and are unable to keep liquids down.

术后 24 小时内出现一些轻微的恶心或呕吐并非异常现象。如果你出现严重的恶心和呕吐，并且无法喝下任何液体，请告知我们。

Once surgery is completed, your doctor will inform family or friends who may be waiting for you. It usually takes another 1-2 hours after surgery for you to fully wake up and recover from anesthesia. Please plan your time and pick-up schedule accordingly.

手术完成后，你的医师将通知在外等候的家人或朋友。术后，你通常需要 1 到 2 个小时，才能从麻醉中完全苏醒。请据此安排好你的时间，以及来接你出院的流程。

It is important for you to arrange for someone to pick you up. You will be awake and still under the effects of anesthesia, so it will not be safe for you to make any important decisions or operate moving vehicles. Please note that we will not be able to perform your surgery if there is no one to pick you up and care for you post-operatively.

你必须安排好接你出院的人，这很重要。因为术后你虽然会苏醒，但麻醉的效果仍然存在，让你自行做出任何重要决定或驾驶移动车辆都是不安全的。请注意，如果没有人在术后接你回家并照顾你，我们将无法安排手术。

For our out-of-town patients, we are able to arrange for post-surgical aftercare accommodations and nursing care if required. Usually you will need at least 1 day of aftercare before you are able to adequately care for yourself without any additional assistance. Please plan accordingly.

对于居住在城外的患者，必要时我们可以提供术后恢复的住宿和护理服务。通常，术后你至少需要 1 天的陪护，才能完全恢复，并在没有任何帮助的情况下照顾自己。请据此做好安排。

After surgery, you will be swollen for several weeks. Do not be concerned or alarmed by the bruising or inevitable post-operative swelling. This will also make appearance seem distorted or unnatural. These will all settle down in a few weeks and you will look normal again.

术后，你的肿胀可能持续数周。术后出现肿胀或瘀斑是不可避免的，请不要为此担忧或惊慌。这些症状可能让你的外表变形或不自然。但它们会在几周内逐渐消退，你也会再次变得自然。

Many patients are concerned about post-surgical scarring. We will recommend post-operative scar care for you depending on your needs. For each patient, these needs are different and our recommendations are customized to you. In most cases, please allow 1-2 weeks for your surgical incisions to heal, to regain your strength, and to stabilize before we start scar modification treatments.

很多患者担心术后的疤痕。如果你有这样的需求，我们会向你推荐术后疤痕治疗。患者的需求因人而异，我们也将为你定制个性化方案。多数情况下，在开始疤痕调整治疗前，你需要 1 到 2 周的时间让伤口愈合，也让你的身体恢复强壮和稳定。

AFTER YOUR SURGERY
术后

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Recovering From Surgery & Anesthesia
从手术和麻醉中复苏

Each particular procedure may warrant slightly different post-operative instructions. While you will obtain this specific information regarding your specific surgery, the following can be applied universally:

不同的操作需要的术后注意事项可能有轻微差异。你将获得专门针对你的手术制定的注意事项；但除此之外，以下注意事项可以通用：

- PLAN TO REST the rest of the day following surgery.
  术后计划休息一天。
- ADVANCE YOUR DIET SLOWLY from liquids to soft. Nausea may last several hours after anesthesia.
  缓慢从流食过度至软食。术后恶心可能持续数个小时。
- DRINK PLENTY OF LIQUIDS: only drink water in addition to other liquids. – water/ coconut water/ Vitamin water or Gatorade. Citrus juices may irritate stomach. Have straws ready for easy liquid intake.
  大量饮水：只喝水，不摄入其他液体。– 水/椰子水/维生素水或佳得乐。柑桔汁可能刺激胃部。准备吸管，方便水。
- GOOD NUTRITIOUS FOODS are very important in the healing process and will help you feel stronger sooner. Soft foods are best to start with. SOME SUGGESTIONS: High protein, high calorie foods. This may include protein shakes (non-dairy if you're having nasal surgery). Baked or mashed potatoes, creamed vegetables, jelly or pudding, apple sauce, bananas, canned fruit or tuna fish, eggs, oatmeal, cream of wheat, any type of baby food, warm soups (low salt).
  摄入营养丰富的食物对康复而言非常重要，它们会让你更快恢复强壮。最好从软食开始。推荐：高蛋白、高卡路里食物。这可能包括蛋白质奶昔(鼻部手术的患者请不要食用奶制品)。烤土豆或土豆泥、蔬菜糊、果冻或布丁、苹果酱、香蕉、罐装水果或金枪鱼、鸡蛋、燕麦片、麦片粥、任何类型的婴儿食品、热汤(低盐)。
- NO SMOKING. NO ALCOHOL.
  严禁吸烟。严禁饮酒。
- NO diet foods. NO diet drinks. - Your body needs the calories for proper healing.
  严禁摄入减肥食品。严禁摄入减肥饮料。- 你的身体需要卡路里，才能正常愈合。
- NO aspirin or aspirin products (Motrin, Nuprin, Advil, Excedrin, Anacin)
  严禁服用阿司匹林或阿司匹林相关产品（Motrin、Nuprin、Advil、Excedrin 和 Anacin）。
- NO salt. NO spicy foods.
  严禁摄入食盐。严禁摄入辛辣食物。
- NO heavy or big meals: start small and light and then slowly increase as tolerated.
  严禁暴饮暴食：少食多餐、清淡饮食，耐受后再逐渐增加饭量。
- DO NOT DRIVE CAR or operate machinery (lawn mower, saws, etc) until 24 hours after anesthesia
  麻醉后 24 小时内严禁驾驶汽车或操作机器（割草机、手锯等）。
- DO NOT MAKE ANY PERSONAL OR LEGAL DECISIONS until 24 hours after anesthesia
  麻醉后 24 小时内严禁做出任何个人或法律决定。

- Apply warm compress to any redness or swelling at the IV site in your hand or arm
  如果手或手掌的静脉注射针孔出现任何红肿现象，请热敷伤口。
- DO NOT take additional acetaminophen or Tylenol for pain or headaches. You will be given narcotic pain medication that contains acetaminophen.
  严禁自行服用对乙酰氨基酚或泰诺，以止痛或缓解头痛。你的麻醉止痛药物中含有对乙酰氨基酚。
- Follow postoperative instructions specific to your procedure.
  请遵守为你的手术专门定制的术后注意事项。

TIPS FOR A HEALTHY RECOVERY
顺利恢复的小贴士

- The recovery period after surgery varies from person to person, and of course, depends on the procedure you're having and whether multiple procedures are being performed at the same time.
  术后恢复需要的时间因人而异。当然，这也与你进行的手术，以及你在同一时间是否接受多项治疗有关。
- Regardless of the procedure there will be both physical and emotional issues to consider during recovery. It's important to remember not to rush the healing process. Here are some helpful hints for a healthy recovery.
  无论你接受任何治疗，术后恢复期你都将面临生理和心理的问题。请勿试图加快恢复节奏，这一点很重要。为帮助你顺利恢复，这里介绍了一些实用的小贴士。
- Reduce swelling following facial surgery by applying ice. Even if your surgeon has applied bandages to reduce swelling you may need to apply ice periodically. Ask your surgeon how long you should continue this.
  面部手术后冰敷可以减少水肿。即使外科医师已经使用绷带以减少水肿，你可能仍需要定期冰敷。请咨询外科医师，明确冰敷的持续时间。
- Plan your recovery time smartly. Depending upon the surgery, recovery time could range from a few days to a few weeks.
  有计划地安排恢复时间。根据手术不同，术后恢复时间从几天到几周不等。这会影响手术后你的工作、家庭和社交安排，因此请你谨记。
- Keep this in mind as it affects your work, family, and social schedules after surgery.
  对手术结果抱有现实的预期。我们必须认识到，在变美之前，你会变得比现在更糟糕。几乎所有类型的整形手术都会导致瘀斑和肿胀。
- Be realistic in your expectations. Let's face it, you're going to look worse before getting better. Just about all types of cosmetic surgery procedures involve bruising and swelling.
  手术效果不会在几天之内（或更长时间内）就显现出来。所以不要担心！让你的身体自然地恢复。如果你怀疑有任何问题发生，请去外科医师处就诊。
- Your real results won't reveal themselves for a few days (or longer) so don't panic! Let the natural healing process take place. If you suspect a problem see your surgeon.
  遵守外科医师给的指南。无论涉及任何问题，包括服用处方药物、恢复规律锻炼或卫生注意事项，外科医师都会给出最好的建议，帮助你安全且健康地恢复。

- Follow your surgeon's guidelines. Whether it's regarding taking prescribed medication, resuming regular exercise, or hygiene instructions, your surgeon can provide the best advice for a safe and healthy recovery.
  安排后术后 24 至 72 小时内的陪护。即使你相信自己可能生活自理，有一个陪护在身边会让你更安心，也会让你的恢复过程多一分正常，少一分扰乱。
- Arrange for care for the initial 24-72 hours after surgery. Even though you may believe you can resume your normal routines, having someone there to assist you will bring peace of mind and allow the healing process to occur normally and with less disruption.
  经常补充水分。任何形式的手术都会减少体内的水分。频繁饮水可以帮助你补充丢失的体液。此外，术后前几天请保持清淡饮食，并且只摄入那些容易吞咽和消化的食物。
- Rehydrate your body often. Surgery of any kind can reduce fluids in your body. Drinking water frequently will help replenish these lost body fluids. Also, eat lightly for the first few days and only food that is easy to swallow and digest.
  如果你的头部或颈部曾经做过手术，请在术后几天内将头颈抬高。这样会减少水肿、加快恢复，同时不影响手术结果。
- If you've had surgery on your head or neck, keep them elevated for a few days. This will reduce swelling and speed the recovery process without compromising the results.
  避免直接暴露于阳光下。使用具有适当防紫外线功能的防晒产品，以保护皮肤。
- Avoid exposure to direct sunlight. Use sunblock with proper UV protection to protect your skin.
  严禁服用阿司匹林或抗炎药物。这些药物可能影响医师为你开具的药物。请确保你与医师核对过，你应该在恢复期间避免服用的所有非处方和处方药物。
- Don't take aspirin or anti-inflammatory medications. These might interfere with medications prescribed by your doctor. Be sure to check with your doctor about which over-the-counter and prescription medicines you should avoid during recovery.
  术后，你应避免将开放伤口暴露于各种感染源下，这很重要。请勿与宠物拥抱或同睡、坐浴、在池塘或湖内游泳、
- After surgery, you will have open wounds and it is important not to expose these areas to sources of infection. Please do not hug or sleep with pets, sit in hot tubs, swim in ponds or lakes or otherwise expose yourself to germs. Things that normally would not make you sick can infect you until your wounds heal.
  或暴露于其他有菌环境中。在伤口愈合前，过去不会让你生病的活动也可能让你感染。