

Going Home

After an illness or injury, some things may change in your life. Make sure you and your family know the answers to these questions before you go home:

Medicines

- Am I taking any new medicines?
- What does each medicine do?
- How much of each medicine and how often should I take it?
- What times should I take them?
- Who do I call if I get a side effect?
- Should I still take the medicines I was taking before going into the hospital?
- How long do I need to take each medicine?

Pain

- Which medicines should I take for pain?
- How often should I take the medicine? Should I take them only when needed?
- Are there things I should not do while taking pain medicine?
- What can I do to reduce the pain?

Diet

- Is there anything I should not eat or drink?

Activity

- Should I limit my activity?
- Can I drive?
- Are there special exercises I should do?
- When can I go back to work?
- When can I do my regular exercise program?
- Can I resume sexual activities?

回家

在生病或受伤之后，您生活中一些事情可能有改变。在您回家之前，请确定您和您的家人知道以下问题的答案：

药物

- 我要服用任何新药吗？
- 每一药物的作用是什么？
- 每一药物我应服多少以及服药多少次？
- 我应该何时服药？
- 如果我有副作用，该给谁打电话？
- 我仍应服用我去医院之前服用的药吗？
- 我需要服用每一药物多长时间？

疼痛

- 我该服哪一种药止痛？
- 我该服用此药多少次？我只是在需要时才应服用此药吗？
- 我在服用止痛药时有无不该做的事情？
- 我能做什么以减少疼痛？

饮食

- 我应当忌食忌饮什么？

活动

- 我应该限制活动吗？
- 我能开车吗？
- 有我应该做的特别锻炼吗？
- 我何时能回去工作？
- 我何时能做我的正常锻炼项目？
- 我能重新开始性活动吗？

Follow-up Care

- When is my next doctor visit?
- Should I call to schedule an appointment?

Care of Incisions

- Can I bathe or shower?
- What are the signs of infection and bleeding?
- How should I care for the incision?

Equipment

- Do I need special equipment?
- How and when will I use it?

Hospital Bill

- How can I find out how much of my bill my insurance/Medicaid pays and how much I owe?
- Is there someone who can help me figure out my hospital bills?

Talk to your doctor or nurse if you have any questions and concerns.

Some useful phone numbers:

Social Work _____

Financial Services/Billing _____

Doctor's Office _____

后续医疗

- 我下一次看医生是什么时间?
- 我应当打电话约诊吗?

切口的护理

- 我能洗澡或冲淋浴吗?
- 感染和流血的症状是什么?
- 我应该怎样护理切口?

设备

- 我需要特别的设备吗?
- 我将怎样以及何时使用设备?

医院帐单

- 我如何能搞清楚我的保险/医疗补助计划为我的帐单付多少钱以及我欠多少钱?
- 有没有什么人能帮助我搞清楚我的医院帐单?

如果您有任何疑问或关注事宜，请告知您的医生或护士。

一些有用的电话号码：

社会工作 _____

财务服务/帐单 _____

医生诊所 _____

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