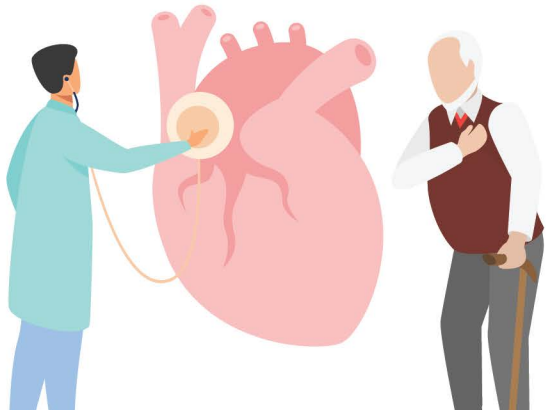
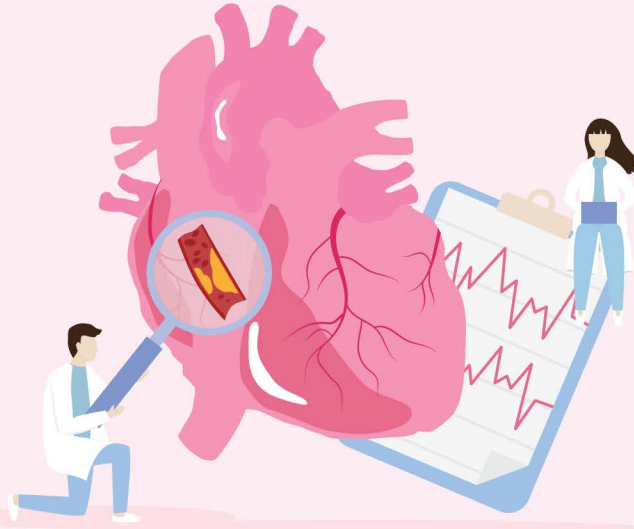


# 冠狀動脈介入治療術 Percutaneous Coronary Intervention (PCI)



## 為何需要 冠狀動脈介入治療術？

Why is percutaneous coronary intervention (PCI) needed?



當脂肪斑塊積聚冠狀動脈而出現變窄、阻塞問題，患者會出現心絞痛、心肌梗塞，更甚者會出現心肌壞死及有死亡風險。如果主要的冠狀動脈出現明顯狹窄，通常需要進行經皮冠狀動脈介入治療（PCI），也常被稱為「通波仔」。透過球囊擴張疏通阻塞部位，讓血液流向心肌。

When atherosclerotic plaques build up in the coronary arteries and cause narrowing or occlusion, patients may develop angina, myocardial infarction, myocardial necrosis, and face a risk of death. If a major branch of the coronary arteries is significantly narrowed, percutaneous coronary intervention (PCI) commonly known as balloon angioplasty may be needed to open up the obstruction and restore blood flow to the heart muscle.

## 手術過程 Surgical Procedures?

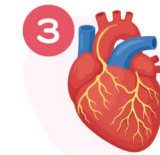


醫生會先為患者進行冠狀動脈造影檢查及血管內超聲波，了解患者的心臟血管狀況。

The doctor will first perform coronary angiography and intravascular ultrasound to assess the coronary artery condition of the patient.

手術進行時，醫生會再患者的腹股溝或手腕位置注射局部麻醉藥，然後於股動脈或手繞動脈處穿刺一個小洞，放入導管，繼而引進心臟血管。

Local anesthesia is administered at the groin or wrist access site prior to the procedure. A small puncture is made into the femoral or radial artery, and a vascular sheath and catheter are introduced and advanced to the coronary arteries.



注入顯影劑以確定患處的位置和狹窄程度。

Contrast dye is injected to identify the lesion location and quantify the degree of stenosis.

將球囊打開，放入支架，以維持血管暢通。A balloon is inflated and a stent is deployed to restore and maintain vessel patency.



視乎血管鈣化情況、複雜程度及收窄情況，整個手術過程約1-2小時。Depending on the degree of vascular calcification, complexity, and narrowing, the entire procedure takes approximately 1 to 2 hours.

# 預防復發風險

## Notes

- 定期複診  
Attend regular follow-up appointments.
- 遵照醫生指示按時服藥（例如：雙重抗血小板藥）  
Take medication as prescribed by your doctor (e.g. DAPT)
- 注意健康飲食  
Follow a healthy diet.
- 戒煙酒  
Stop smoking and limit or avoid alcohol.
- 養成良好的運動習慣  
Maintain a regular exercise routine.
- 減輕生活壓力及定時作息  
Reduce life stress and keep a consistent sleep and daily schedule.

內容只供參考，如有任何關於診斷及其他心臟健康疑問，請諮詢您的主診醫生。

This information is for reference only. For any questions about diagnosis or other heart-health concerns, please consult your treating physician.

# 聯絡我們

## Contact Us

**尖沙咀 Tsim Sha Tsui**  
九龍尖沙咀河內道5號普基商業中心2樓及3樓A室  
2/F & 3A, Podium Plaza, No.5 Hanoi Road, Tsim Sha Tsui, Kowloon  
2157 3840 (專科中心 Specialist Centre)  
3619 0835 (普通科醫務中心 General Practice Clinic)

**中環 Central**  
香港中環皇后大道中9號26樓2601-04 & 06-08室  
Room 2601-04 & 06-08, 26/F, 9 Queen's Road Central, Central, Hong Kong  
2530 0006 (專科中心 Specialist Centre)  
2155 2355 (普通科醫務中心 General Practice Clinic)



了解更多  
Read More

# 手術前注意事項

## Surgical Precautions Before Surgery



按照醫護人員指示服用或停用相關藥物。  
Take or stop related medications as instructed by the medical staff.



如有任何食物、藥物或顯影劑過敏，必須提前告知醫療團隊。  
If you have any allergies to foods, medications, or contrast agents, be sure to inform the medical team in advance.



若經腹股溝動脈引進導管，須清潔及剃掉腹股溝部位的毛髮。  
If the catheter will be inserted via the femoral artery, the groin area must be cleaned and the hair shaved.



手術前六至八小時禁止進食，包括飲料。  
Do not eat or drink for six to eight hours before the procedure.



# 手術後注意事項

## Surgical Precautions After Surgery



手術後，需臥床休息數小時  
After the procedure, you will need to rest in bed for several hours.



手術後數小時內，不要屈曲接受穿刺的肢體以避免引致改部位出血，形成血腫。  
For the first few hours after the procedure, avoid bending the limb used for vascular access to reduce the risk of bleeding or hematoma at the puncture site.



若經腹股溝介入治療，手術後須仰臥休息，並保持大腿伸直。  
If the femoral artery was used, remain supine after the procedure and keep the affected thigh straight.



按需要服用止痛藥。  
Take analgesics as needed for pain.



傷口位置的止血帶可於術後三至四小時內移除。  
The pressure dressing or hemostatic device at the wound site can usually be removed three to four hours after the procedure.



盡量多喝水，有助於讓顯影劑盡快經小便排除體外。  
Drink plenty of fluids to help eliminate the contrast agent through the urine.



手術後須留院觀察一天。在醫生觀察後批准出院。  
You will generally be observed in hospital for one day and discharged only after the physician has assessed you and given approval.



術後一個星期，可恢復正常生活。術後一個月，可循序漸進運動。  
Most patients can return to normal daily activities after one week. Gradual resumption of exercise can usually begin after one month.