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● 1. 在手术前，患者应接受适当的术前准备，包括术前禁食、术前禁水、术前禁饮等。术前禁食是指患者在手术前8小时内不得进食，术前禁水是指患者在手术前4小时内不得饮水。术前禁饮是指患者在手术前2小时内不得饮用任何液体。术前禁食、术前禁水、术前禁饮的目的是为了确保患者在手术过程中不会出现低血糖、脱水、电解质紊乱等情况，从而保证手术的安全。

2. 在手术过程中，患者应接受适当的术中管理，包括术中监测、术中用药、术中护理等。术中监测是指患者在手术过程中应接受生命体征的监测，包括心率、血压、呼吸、体温等。术中用药是指患者在手术过程中应接受适当的麻醉药、镇痛药、抗生素等。术中护理是指患者在手术过程中应接受适当的护理，包括保暖、翻身、口腔护理等。

3. 在手术后，患者应接受适当的术后管理，包括术后监测、术后用药、术后护理等。术后监测是指患者在手术后应接受生命体征的监测，包括心率、血压、呼吸、体温等。术后用药是指患者在手术后应接受适当的镇痛药、抗生素、止血药等。术后护理是指患者在手术后应接受适当的护理，包括保暖、翻身、口腔护理、伤口护理等。术后管理的目的是为了确保患者在手术后能够顺利康复，避免出现并发症。

4. 在手术前后，患者应接受适当的心理护理。术前心理护理是指患者在手术前应接受心理疏导，减轻患者的紧张、焦虑情绪。术中心理护理是指患者在手术过程中应接受心理支持，帮助患者度过手术难关。术后心理护理是指患者在手术后应接受心理疏导，帮助患者恢复信心，促进康复。

5. 在手术前后，患者应接受适当的营养支持。术前营养支持是指患者在手术前应接受适当的营养补充，提高患者的免疫力。术中营养支持是指患者在手术过程中应接受适当的营养补充，保证患者的能量供应。术后营养支持是指患者在手术后应接受适当的营养补充，促进患者的伤口愈合和身体康复。

- 6. 在手术前后，患者应接受适当的皮肤护理。术前皮肤护理是指患者在手术前应接受皮肤清洁、消毒，预防手术部位感染。术中皮肤护理是指患者在手术过程中应接受皮肤保暖、保湿，防止皮肤干燥、皲裂。术后皮肤护理是指患者在手术后应接受皮肤清洁、保湿，促进皮肤愈合。
- 7. 在手术前后，患者应接受适当的口腔护理。术前口腔护理是指患者在手术前应接受口腔清洁、消毒，预防口腔感染。术中口腔护理是指患者在手术过程中应接受口腔保湿、防止口腔干燥。术后口腔护理是指患者在手术后应接受口腔清洁、保湿，预防口腔感染。

The first group of participants (n = 10) was assigned to the control group and received no treatment. The second group (n = 10) was assigned to the treatment group and received the treatment. The third group (n = 10) was assigned to the treatment group and received the treatment. The fourth group (n = 10) was assigned to the treatment group and received the treatment. The fifth group (n = 10) was assigned to the treatment group and received the treatment. The sixth group (n = 10) was assigned to the treatment group and received the treatment. The seventh group (n = 10) was assigned to the treatment group and received the treatment. The eighth group (n = 10) was assigned to the treatment group and received the treatment. The ninth group (n = 10) was assigned to the treatment group and received the treatment. The tenth group (n = 10) was assigned to the treatment group and received the treatment.

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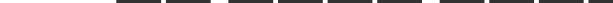
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- **Apply sunscreen** daily, even on cloudy days. Use a broad-spectrum sunscreen with an SPF of 30 or higher. Reapply every two hours, or more often if you are swimming or sweating. Wear protective clothing, such as long-sleeved shirts, pants, and hats. Seek shade, especially between 10 a.m. and 4 p.m.
- **Get regular skin exams** from a healthcare provider. Most people should have a full-body skin exam at least once a year. If you have a history of skin cancer, or if you have many moles, you may need more frequent exams. Know your skin and the changes that can occur. Check your skin for new or changing moles, spots, or sores. See a healthcare provider if you notice any of the following: a new mole, a mole that is changing in size, shape, or color, a sore that does not heal, or a spot that is bleeding or itchy.

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QUESTION

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

MSKCC is a leading provider of cancer care and research. For more information, visit www.mskcc.org/pe or call 212-639-2000.

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