



人工耳膜植入术

手术须知

人工耳膜植入术是当助听器不能改进听力时才做的手术。此手术是将一很小的装备植入耳后，有一条很微细的导线接到内耳。

这小册为您解释此手术，及做人工耳膜植入术后如何护理。

提示

除非医生要您服用，否则手术前两周内不可服用阿司匹林或同系列的药物。

住院

- 人工耳膜植入手术需要 1 至 2½ 小时。
- 手术后您需要住院一晚。

手术后的护理

耳部的敷料

出院后乃然需将加压的敷料持用 48 小时，如您喜欢也可持用更久。有些人为了舒适在睡眠时也戴它。

伤口的护理

在伤口会有一些液体渗透出来。出院后 48 小时即须开始清洗伤口每天两次。

请遵照下列的步骤：

- 首先将手洗净。
- 以消毒棉签及双氧水清洗。您可在任何药房购买这些用品。
- 然后、以新的消毒棉签在伤口涂抗生素药膏（如 Neosporin）。



在清洗伤口前先将手洗净。

洗澡

- 出院后 48 小时即可淋浴、洗发。
- 如有水渗入耳内、可以用清洁的毛巾轻轻地擦干。然后再用头发的吹风机调到最“低”、吹耳 10 至 15 秒钟、或吹到耳朵发热即可。

止痛药

医生会给您开口服的止痛药。大多数做此手术的病人没有太多不适感。

饮食

- 大多数的病人手术后当晚即可进食。
- 吃容易消化的食物。
- 避免油腻或辛辣的食物。

注意事项

- 勿用棉签 (Q-tips) 掏耳。
- 手术后未与医生认可前、勿做核磁共振。

活动

- 勿弯腰或动作太快。
- 手术后 2 至 3 天可照常做一些轻度的日常活动。
- 可以做轻度的健身操及锻炼。
- 锻炼时勿憋气。
- 一周内勿跑步或其他剧烈的锻炼。
- 手术后一周内勿醒鼻。
- 手术后一周内打喷嚏时务必张口。
- 手术一周后可以恢复日常的活动。



手术后一周内切勿醒鼻。

回去工作

当您觉得体力恢复了、亦不头昏时您可以开始做一些轻松的工作。大多数的病人在手术后 7 至 10 天拆线或将外科用的钉针取除后即返回工作。

复诊

您需安排在手术后 7 至 10 天拆线或将外科用的钉针去除。如您尚无预约，请致电 206-598-7519 以便安排预约。

何时须与医生或护士联系

如您有下列情况请致电诊所的值班医生或护士：

- 体温超过华氏 101.5°F (或摄氏 38.6°C)
- 严重的耳痛、即使服止痛药也无法止痛。
- 耳部流液。
- 严重的眩晕 (头昏) 。
- 出血、按压亦不能止血。
- 恶心、呕吐不止。
- 有所顾虑、且不能等到下次复诊。

备注及问题

您有疑问吗？

我们非常重示您的提问。
如您有疑问或顾虑时请致电您的医生或其他医护人员。华大医疗中心 UWMC 诊所的职员亦可协助您。

华大医疗中心 UWMC 耳鼻喉科—耳科及听力科：
206-598-7519

下班后及周末假日；请致电：206-598-6190 传呼耳鼻喉科值班的住院医生。

Cochlear Implant

What to expect

Cochlear implant surgery may be done when hearing aids have not worked well enough to improve your hearing. In this surgery, a small device is placed behind your ear and tiny wires are inserted into your inner ear.

This handout explains what to expect and how to plan for your recovery after cochlear implant surgery.

Reminder

Do not take any aspirin or aspirin-like products for 2 weeks before your operation, unless your doctor tells you to.

Hospital Stay

- Cochlear implant surgery takes from 1 to 2½ hours.
- You will stay overnight in the hospital after your surgery.

What to Expect After Your Surgery

Ear Bandage

Leave the pressure bandage in place for 48 hours after discharge. You may wear it longer if you wish. Some people like to wear the bandage for comfort while they sleep.

Incision Care

There will be some oozing from your incision. Starting 48 hours after discharge, you will need to clean your incision 2 times a day. Follow these steps:

- Wash your hands well.
- Clean your incision with hydrogen peroxide and **sterile** cotton-tipped applicators. You can buy these supplies at a drugstore.
- Then, apply an antibiotic ointment such as Neosporin to your incision with a new sterile cotton-tipped applicator.



Be sure to wash your hands well before you clean your incision.

Bathing

- You may shower and wash your hair 48 hours after discharge.
- If water gets into your ear, gently dry it with a clean towel. Then use a hair dryer set on “low” to blow-dry your ear for 10 to 15 seconds, or until your ear begins to feel warm.

Pain Medicine

You will be given medicine for pain that you will take by mouth. Most people have very little discomfort after this surgery.

Eating

- Most patients can begin to eat and drink in the evening after their surgery.
- Eat light foods that are easy to digest.
- Avoid greasy or spicy foods.

Precautions

- Do **not** use cotton-tipped applicators (Q-tips) in your ear canal.
- Do **not** have an MRI scan after surgery without talking with your surgeon about it first.



Do **NOT** blow your nose for 1 week after your surgery.

Activity

- Do **not** bend over or move quickly.
- You may resume light daily activities 2 to 3 days after surgery.
- It is OK to do light stretching and easy workouts.
- Do **not** hold your breath when you exercise.
- Do **not** jog or do strenuous workouts for 1 week.
- Do **not** blow your nose for 1 week after surgery.
- Sneeze with your mouth wide open for 1 week after surgery.
- You may resume all activities 1 week after surgery.

Return to Work

You may return to light work when you feel strong enough and do not feel dizzy. Most patients return to work 7 to 10 days after surgery, after their stitches or staples are removed.

Follow-up Visits

You will need to make an appointment for your staples or stitches to be removed. This appointment should be 7 to 10 days after your surgery. Call 206-598-7519 if you do not already have your appointment set up.

When to Call the Clinic Nurse or Doctor on Call

Call the clinic nurse or doctor on call if you have:

- Fever higher than 101.5°F (38.6°C)
- Severe ear pain that does not go away after you take your pain medicine
- Drainage from your ear
- Severe *vertigo* (feeling dizzy)
- Bleeding that does not stop when you apply pressure
- Nausea or vomiting that will not stop
- Concerns that cannot wait until your follow-up visit

Notes and Questions

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

**UWMC Otolaryngology –
Otology and Audiology:
206-598-7519**

After hours and on weekends and holidays, call 206-598-6190 and ask for the Otolaryngology Resident on call to be paged.