



## 内窥镜鼻窦手术

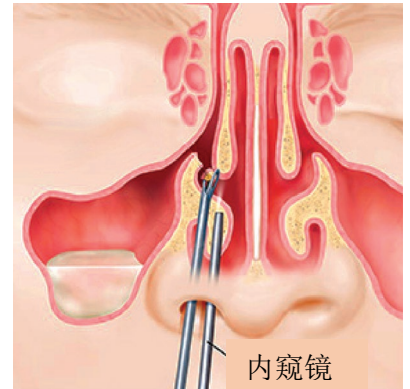
### 如何准备及手术的过程

本手册解释了如何准备内窥镜鼻窦手术以及术后的注意事项。

### 关于您的手术

医生建议您做内窥镜手术来清除鼻窦中的堵塞物。因为药物及其他治疗方法都无法控制您的鼻窦炎（鼻窦炎症或感染）。因此医生建议您做这种手术。

内窥镜手术无需在皮肤上做任何切口。而是、外科医生使用微小的仪器和**内窥镜**，内窥镜是一根细小的软管，末端有灯光及摄像头。



您的外科医生将使用一个称为**内窥镜**的细管来清除鼻窦中的障碍。

### 手术前

#### 药物

- 在手术前 1 周内，在未与外科医生沟通的情况下，请勿服用任何阿司匹林、草药产品或其他会影响血液凝固的产品。其中两种是布洛芬（Advil、Motrin 等）及萘普生（Aleve、Naprosyn 等）。更多資訊請參閱附表。如對服用這些藥物有任何疑問，請與外科醫師討論。
- 如有药物方面的任何疑问，请在工作日上午 8 点至下午 6 点拨打麻醉预科的电话 206.598.6334。请准备一份现有药物的清单，以便告诉他们您目前所服用的药物。他们会告诉您在手术当天应该服用那些药物或不应该服用那些药物。
- 如医生在手术前开了抗生素或强的松，请按指示服用。

#### 提前做好计划

- 事先安排手术后如何从医院回家。如外科医生说您手术后：
  - **回家**；在手术当天即可回家，您务必安排有人从医院接送您回家，并在当晚陪着您。您不可自己驾车、坐公车、或出租车。

- **在医院过夜**，第二天可能可以自己开车回家。请与您的外科医生讨论这个问题。
- **鼻腔冲洗**是您术后护理的一个关键部分。请在手术前先练习，以便知道如何操作。

## 报到的时间

在手术日的 1 至 2 个工作日前会接到电话，告诉您什么时候来报到。如在手术前一天下午 5 点前还没有接到这个电话，请拨打 206.598.6334 以确认报到时间。如手术是在安排在星期一，则在手术前的星期五会收到这个电话。

## 手术当天

- 除非另有医嘱，否则**不要吃或喝任何东西**。
- 按照术前检查时得到的指示，在手术当天服用或不服用何种药物。如需要吃药，请**仅以一小口水**服送。

## 手术后

### 预防措施和自我护理

- 在手术过程中接受了**全身麻醉**（使您睡眠的药物）。这种药物会影响您的思维及反应时间。请在手术后 **24 小时内**：
  - **切勿**驾车或操作机械
  - **切勿**饮酒
  - **切勿**独自旅游
  - **切勿**签署任何法律文件或做重大决定
  - **切勿**负责照顾孩童、宠物、或需要护理的成人
- 可能在鼻下贴了纱布、以便接住渗液。请根据需要更换纱布。
- 可以照常饮食。
- 按照处方服用常规的药物。
- 脸部很可能会有些疼痛。为了减轻疼痛，请服用对乙酰氨基酚（泰诺-Tylenol）。请遵循药盒标签上的剂量说明服用。
  - 医生可能会建议您同时服用布洛芬（Advil、Motrin）。在服用布洛芬之前，请先咨询您的医生。
  - 仅服用医生开的处方止痛药（阿片类药物）以治疗中度至重

度疼痛。

- 躺下时在头下放几个枕头。如觉得更舒服，也可以睡在躺椅上。
- 避免做任何会使呼吸急促、出汗或劳累的活动。
- **2 周内，请避免：**
  - 用力擤鼻涕
  - 会使呼吸急促、流汗或劳累的活动。
  - 抬、推、拉任何超过 15 磅的东西（一加仑牛奶重约 9 磅）。

## 鼻腔冲洗

*鼻腔冲洗*（冲洗鼻窦）在手术后是非常重要的。它能使鼻窦保持湿润，并帮助冲洗出多余的粘液和旧血块。医生或护士会给您一个鼻窦冲洗器来冲洗。

- 手术后第二天就开始冲洗鼻腔。
- 每天至少冲洗 4 次。
- 按照包装盒上的说明来操作。
- 鼻腔冲洗后可以**非常轻柔**地擤鼻涕以清理鼻腔内的空间。

## 出血

- 鼻窦手术后的 2-3 天内，鼻子有少量出血或血流到喉咙或渗出一些血液是正常的
- 如鼻子**持续出血或血流到喉咙里**，请打电话给医生。

## 后续的门诊

第一次复诊是在手术后 1 至 2 周。之后，我们会安排多次复诊的时间。我们会密切关注您，直到您完全康复。

## 回去工作

大多数人需要休息 1 周左右才能恢复。请假时间的长短，部分取决于工作的性质。

## 何时应该与医生联系

如有下列症状请致电 206.598.4022，接通后按 2：

- 持续鼻子出血或血流到喉咙里

- 体温超过华氏 101°F (摄氏 38.3°C)
- 看东西有重影或视觉有问题
- 头痛服用止痛药后也不能缓解
- 疼痛加剧
- 皮疹或皮肤发痒
- 持续的恶心、呕吐

## 您有疑问吗？

我们很重视您的疑问、如您有疑问或顾虑、请致电您的医生或医务人员。

- **安排预约：**请致电请致电耳鼻喉科/头、颈外科：  
206.598.4022 接通后请按 2 与前台服务人员联系。

**如您已经是我们的病人，对治疗方案有疑问：**

- 周一至周五上午 8 点、至下午 5 点；请致电耳鼻喉/头、颈外科：206.598.4022、接通后请按 2。
- 下班后或周末假日：请致电 206.598.4022、当您听到录音后按 2 字键、就会转到社区护士专线。

## Endoscopic Sinus Surgery

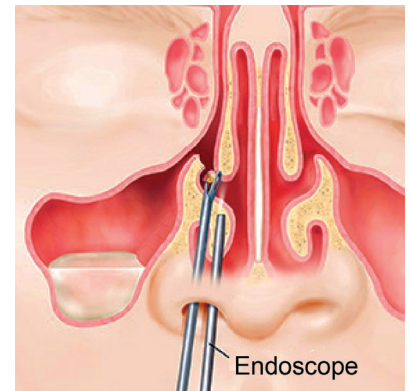
### *How to prepare and what to expect*

*This handout explains how to prepare for endoscopic sinus surgery and what to expect afterward.*

### About Your Surgery

Your doctor has advised that you have *endoscopic surgery* to clear blockages in your sinuses. Your doctor advises this surgery because medicines and other treatments are not controlling your *sinusitis* (sinus inflammation or infection).

Endoscopic surgery does not use any skin incisions. Instead, your surgeon will use tiny instruments and an *endoscope*, a thin tube with a light and a camera on the end.



*Your surgeon will use a thin tube called an endoscope to clear blockages in your sinus.*

### Before Your Surgery

#### Medicines

- For 1 week before your surgery, do **not** take any aspirin, herbal products, or other products that affect blood clotting without talking with your surgeon. Two of these are ibuprofen (Advil, Motrin, and others) and naproxen (Aleve, Naprosyn, and others). See attached sheet for more information. **Talk with your surgeon if you have any questions about taking these medicines.**
- If you have any questions about your medicines, please call the Pre-Anesthesia Clinic weekdays from 8 a.m. to 6 p.m. at 206.598.6334. **Have a list of your current medicines handy so that you can tell them what you take.** They will be able to tell you which medicines to take or not take on the day of your surgery.
- If your doctor has prescribed antibiotics or prednisone to take before surgery, take them as directed.

## Plan Ahead

- Know how you will get home from the hospital after your surgery. If your surgeon has said that you will:
  - **Go home** the same day as your surgery, you **must** arrange for someone to drive you home from the hospital and stay with you the first night. **You cannot drive or take a bus or taxi by yourself.**
  - **Stay overnight** in the hospital, you may be able to drive yourself home the next day. Please talk with your surgeon about this.
- *Nasal irrigation* will be a key part of your care after surgery. Practice this before your surgery so you know how to do it.

## Arrival Time

You will receive a call 1 to 2 business days before your surgery date to tell you what time to arrive for your surgery. If you have not received this call by 5 p.m. the day before your surgery, call 206.598.6334 to confirm your arrival time. If you are having surgery on a Monday, you will receive this call the Friday before.

## Day of Surgery

- Do **not** eat or drink anything, unless you are directed otherwise.
- Follow the instructions you received during your pre-op visit about what medicines to take or not take on the day of surgery. If you need to take medicines, take them with **only** a small sip of water.

## After Surgery

### Precautions and Self-care

- You received general *anesthesia* (medicine to make you sleep) during your surgery. This medicine will affect your thinking and your response time. For **24 hours** after your surgery:
  - Do **not** drive or use machines
  - Do **not** drink alcohol
  - Do **not** travel by yourself
  - Do **not** sign any legal papers or make important decisions
  - Do **not** be responsible for children, pets, or an adult who needs care

- You may have gauze under your nose to catch oozing. Change the gauze as needed.
- You may eat your normal foods.
- Take your medicines as prescribed.
- You will most likely have some pain in your face. To ease pain, take acetaminophen (Tylenol). Follow the dose instructions on the label.
  - Your doctor may advise that you also use ibuprofen (Advil, Motrin). Check with your doctor before taking ibuprofen.
  - Only use your prescription pain medicine (opioid) for moderate to severe pain.
- Put a few pillow under your head when you lie down. You can also sleep in a recliner chair if that is better for you.
- Avoid doing any activity that makes you breathe hard, sweat, or strain.
- For **2 weeks**, avoid:
  - Blowing your nose with a lot of effort
  - Activities that makes you breathe hard, sweat, or strain
  - Lifting, pushing, or pulling anything that weighs more than 15 pounds (a gallon of milk weighs almost 9 pounds)

### Nasal Irrigation

*Nasal irrigation* (rinsing out your sinuses) is very important after surgery. It keeps your sinuses moist and helps flush out excess mucous and old blood clots. Your doctor or nurse will give you a sinus rinse system to use for this.

- Start nasal irrigation the day after your surgery.
- Irrigate your nose at least 4 times a day.
- Follow the directions in the box.
- You may **very gently** blow your nose after irrigation to clear the nasal space.

### Bleeding

- It is normal to have light bleeding or oozing from your nose or into your throat for up to 2 to 3 days after sinus surgery.
- Call your doctor if you have a **steady flow** of blood from your nose or into the back of your throat.

## Follow-up Clinic Visits

You will have your first follow-up visit with your doctor 1 to 2 weeks after surgery. We will set up several more visits after that. We will monitor you closely until you are fully healed.

## Return to Work

Most people take about 1 week off work to recover. How long you take off work will be based partly on what you do for a living.

## When to Call

Call 206.598.4022 and press 2 if you have:

- Steady bleeding from your nose or into your throat
- A fever higher than 101°F (38.3°C)
- Double vision or trouble seeing
- A headache that is not eased by pain medicine
- More pain
- Rash or itching
- Nausea or vomiting that does not go away

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

**To set up a clinic visit:** Call the Otolaryngology/ Head and Neck Surgery Center at 206.598.4022 and press 2 to speak to the front desk.

**If you are already a patient and have questions about your treatment plan:**

- Weekdays from 8 a.m. to 5 p.m., call Otolaryngology/ Head and Neck Surgery Center at 206.598.4022 and press 2.
- After hours and on weekends and holidays, call 206.598.4022 and press 2 to talk with a Community Care Line Nurse.