



Su'aalo

Su'aalahaagu waa muhim. Wac dhakhtarkaaga ama daryeel caafimaad bixiyahaaga haddii aad qabto su'aalo ama walaac. Shaqaalaha rugta caafimaadka ee UWMC ayaa sidoo kale la heli karayaa si ay kuu caawiyaan.

Balamaha: Wac Otolaryngology – Xarunta Madaxa iyo Qoorta, 206-598-4022.

Bukaan nidaamsan oo wata su'aalo ku saabsan qorshaha daaweeyntaada:

Maalmaha toddobaadkii laga bilaabo 8 barqadii ilaa 5 fiidkii, wac Nurse Voice Mail Line, 206-598-7535.

Saacado kadib ama dhammaadka todobaadkii iyo fasaxyada, wac 206-598-6190 oo waydii Otolaryngology heeganka ah si loogu yeedho.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Otolaryngology – Head and Neck
Surgery Center
Box 356161
1959 N.E. Pacific St. Seattle, WA 98195
206-598-4022

Sanboorid

Waxoogaaa balqan dhiig wata oo ka soo baxaya sankaaga ama cunahaaga waa mid caadi ah kadib qalliinka sanboorka. Wac dhakhtarkaaga haddii aad qabto **dhiig si joogta ah u socda** kana imanaya sankaaga ama ka imanaya cunahaaga.

Dabagal ku samee Booqashooyinka Rugta caafimaadka

Waxaad la kulmi doontaa dhakhtarkaaga 1 ama 2 toddobaadkii kastaba ka dib qalniinkaaga ilamaa daawaynta la dhammaystiro. Waxaad sameyn doontaa balantaada danbe booqashadii kastaba.

Ku soo laabashada Shaqada

Dadka badankoodu waxay qaaataan 1 ama 2 toddobaaad oo fasaxa si ay u bogsadaan. Waqtiga aad shaqada ka maqan tahay waxay ku salaysnaan doontaa qayb ahaan waxa aad masruuf ka dhigato.

Wac Kalkaaliyaha caafimaadka ee Rugta caafimaadka ama Dhakhtarka line ku jira haddii aad haysato:

- Sanboorid joogto ah oo ka imanaysa sankaaga ama cunahaaga
- Xumad ka saraysa 101°F (38.3°C)
- Araga oo baaha ama dhibaato kaa haysata araga
- Madax aanuun aanay si sahlan u daweynin dawo xanuunka baabiisa
- Xanuun isa soo tara
- Finan ama cuncun
- Yalaalugo ama matag aan tagin

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Waxbarashada Bukaanka

Otolaryngology-Xarunta Qalniinka
Madaxa iyo Qoorta



Qalliinka Sanqada ee Endoscopic

Sida loo diyaariyo iyo waxa la filanayo

Dhakhtarkaaga ayaa waxaa laga yaaabaa in uu kugula taliyo *qalliinka endoscopic* haddii aanay daawadu xakamayn karayn astaamahaaga sanboorka. Qalliinka Endoscopic waxaa lagu sameeyaa sanqaroorku, iyadoon lagu samaynayn wax daloolis ah, lana isiticmaalayo qalab iyo kamarad lagu magacaabo *endoscope*. Faafitaankiisu aad ayuu uga sahlan yahay aadna wuu u kooban yahay marka la barbardhigo kuwii jiray baryihii hore.

Warqadan macluumaadka xanbaarsan waxay sharxaysaa sida loo diyaariyo qalniinka iyo waxa la filanayo intaas ka bacdi.

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Kahor Qalliinkaaga

- **Ha** qaadan waxa asbiriina, dawo kasta oo geedo, ama waxa kaloo la soo saaro oo saameyn ku yeelata xinjirowga dhiiga hal toddobaad ka hor qalliinkaga. Laba ka mida waa ibuprofen (Advil, Motrin) iyo naproxen (Aleve, Naprosyn).
- Eeg warqada lifaaqa macluumaad intaas dhaafsiisan.
- U habee qof kaa soo kaxeeya cisbitaalka kuna keena gurriga oo kul jooga habeenka hore. Waxaa laga yaabaa inaad u dhaxdo habeen cisbitaalka guddihiisa waqtiga qalniinkaaga daraadeed. Waxaad ogaan doontaa tani ka hor qalniinka. Ma kaxayn kartid gaadhiga adigu ama uma qaadan kartid tagsi gurriga kaligaa markaad ka tagaysid cisbitaalka, ilamaa aad u dhaxdo cisbitaalka gudahiisa hal habeen.
- Dhakhtarkaaga ayaa kuu qori doona daawada antibaayootiga iyo/ama prednisone si loo qaato ka hor qalniinka. U qaado dawada sida laguuga sheego.
- Sanqaroor waraabin ayey noqon doontaa qaybta ugu muhiimsan ee daryeelkaaga ka dib qalniinka. Barro xeeladan ka hor qalniinkaaga sidaad daraadeed waad taqaanaa sida loo sameeyo.

24 Saacadood Kahor Qalliinka

- **Waqtia imaanshaha:** Qalliinka ka hor kalkaaliye caafimaad ayaa kus oo waci doona ka hor 5 p.m. ka hor habeenka qalniinkaaga. Haddii aad galayso qalniin Isniinta, kalkaaliyaha caafimaadka ayaa kula soo hadli doona Jimcaha ka hor. Haddii aanad maqal ka hor-qalniinka kalkaaliye caafimaad cabaara 5 p.m., fadlan wac 206-598-6334.

Qalliinka – ka hor kalkaaliye caafimaad ayaa kuu sheegi doona marka la imanayo cisbitaalka waxaanay ku xasuusin doontaa:

- Inaanad cunin ama cabin kadib wakhtiyo gaara
- Dawooyinkaaga joogtada ah kuwa la qaadanayo iyo kuwa aan la qaadanayn
- Inaad ku kabato uun kaliya biyo ku filan si aad ugu liqdo kiniinkaaga
- Si aad u sii aad u diyaariso qof gurriga kuu kaxeeya kadib qalniinka

Waxa La filanayo Kadib Qalliinkaaga

Isbanbaanin iyo Is-daryeelid Dardar galiya Ladnaanshahaaga

- Waxaad heli doontaa suuxin guud, **ha** samayn shayadan muddo 24 saacadood ah kadib qalliinkaaga:
 - Kaxayn baabuur
 - Cabid alkohool
 - Inaad kaligaa socdaalsho
 - Aad saxeexo waraaqo sharciya
 - Aad ka masuul noqoto daryeelka qof kale
- Waxaad ku qaban doontaa cudbi yar sankaa si aad u qabato waxa ka soo dareera. Iska badal cudbiga yar haddii loo baahdo.
- Waxaa sidoo kale laga yaabaa inaad sanqaroorka galiso filter. Ku daa meesha. Dhaqtarkaaga ayaa ka saari doona filtarka midkood ka dib aroorta qalniinkaaga ama waqtiga kuugu xiga eed booqan karto rugra caafimaadka.
- Iska ilaali iska siimin xoogan, waxyeelayn, ama qaaditaanka alaab culus muddo 2 toddobaada.
- Qaado antibaayootig sida dhaqtarku kuugu qoray.
- Xanuun wagi waa mid iska caadi ah, gaar ahaan haddii ay sanku wax kaaga jiraan. Isticmaal dawada xanuunka biisa sida dhaqtarku kuu sheego.

Waraabinta Sanqaroorka

- *Waraabinta sanqaroorka* (maydhitaanka bararka ku yimid lafta carjawda ah ee sanqaroorka) waxay lagama maarmaar tahay kadib qalniinkaaga. Waxay ku ilaalinaysaa bararka ku yimid lafta carjawda ah ee sanqaroorka qoyanka ku jira kana caawinaysaa in ay ka soo saarto balqanka dheeraadka ah iyo guntimaha dhiigii hore eek u jiray. Dhaqtarkaaga ama kalkaaliyaha caafimaadka ayaa ku siin doona nidaamka loo soo maydho bararka ku yimid lafta carjawda ah ee sanqaroorka si tan loo isticmaalo. Raac talaabooyinka eek u jirta bogaska.
- Waraabi sankaa 3 jeer ama in ka badan kadiba hal maalin marka dhaqtarkaagu uu kaa saaro waxa kaaga jira sanqaroorkaaga.
- Waxaa laga yaabaa in aad si degan aad iskaga siimiso kadib waraabinta si aad uga nadiifiso goobta sanqaroorka.

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.

Appointments: Call Otolaryngology – Head and Neck Surgery Center, 206-598-4022.

Established patients with questions about your treatment plan: Weekdays from 8 a.m. to 5 p.m., call the Nurse Voice Mail Line, 206-598-7535.

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

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Bleeding

Small amounts of blood-streaked mucous draining from your nose or into your throat is common after sinus surgery. Call your doctor if you have a **steady flow** of blood from your nose or from the back of your throat.

Follow-up Clinic Visits

You will see your doctor every 1 to 2 weeks after surgery until healing is complete. You will make your next appointment at each visit.

Return to Work

Most people take 1 to 2 weeks off work to recover. Your time off work will be based partly on what you do for a living.

Call the Clinic Nurse or Doctor On-Call 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
- Increased pain
- Rash or itching
- Nausea or vomiting that does not go away

Patient Education

Otolaryngology – Head and Neck Surgery Center



Endoscopic Sinus Surgery

How to prepare and what to expect

Your doctor may recommend **endoscopic surgery** if medicines are not controlling your symptoms caused by sinusitis. Endoscopic surgery is done inside the nasal space, without incisions, using tiny instruments and a camera called an **endoscope**. It is less invasive and more precise than methods that were used in the past.

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

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Before Your Operation

- Do **not** take any aspirin, any herbal supplements, or other products that affect blood clotting for 1 week before your operation. Two of these are ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn). See attached sheet for more information.
- Arrange for someone to drive you home from the hospital and stay with you the first night. You may need to stay overnight in the hospital due to the extent of your surgery. You will know this before surgery. You cannot drive yourself or take a taxi home alone from the hospital, unless you stayed overnight in the hospital.
- Your doctor may prescribe antibiotics and/or prednisone to take before surgery. Take them as directed.
- Nasal irrigation will be a key part of your care after surgery. Practice this technique before your surgery so you know how to do it.

24 Hours Before Surgery

- **Arrival time:** The pre-surgery nurse will call you by 5 p.m. the night before your operation. If you are having surgery on a Monday, the nurse will call you the Friday before. If you do not hear from the pre-surgery nurse by 5 p.m., please call 206-598-6334.

The pre-surgery nurse will tell you when to come to the hospital and will remind you:

- Not to eat or drink after a certain time
- Which of your regular medicines to take or not take
- To sip only enough water to swallow your pills
- To arrange for someone to drive you home after surgery

What to Expect After Your Operation

Precautions and Self-care to Speed Your Recovery

- Because you will have received general anesthesia, do **not** do these things for 24 hours after your surgery:
 - Drive
 - Drink alcohol
 - Travel alone
 - Sign any legal papers
 - Be responsible for the care of another person
- You will have gauze under your nose to catch oozing. Change it as needed.
- You may also have nasal packing. Leave it in place. Your doctor will remove it either the morning after your surgery or at your next clinic visit.
- Avoid strenuous nose blowing, straining, or heavy lifting for 2 weeks.
- Take antibiotics as prescribed.
- Facial pain is common, especially if you have nasal packing. Use your pain medicine as prescribed.

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. Follow the directions in the box.
- Irrigate your nose 3 or more times a day after your doctor has removed your nasal packing.
- You may gently blow your nose after irrigation to clear the nasal space.