



## 您有疑问吗？

周一至周五上午 8 点至下午 5 点请致电护士语音专线：  
206-598-7519。

护士会尽快回您电话。

下班后、及周末假日请致电传呼接线生 206-598-6190 联系当值的耳鼻喉医生。

- 手术后 2 周回来复诊、取出内耳的敷料。
- 手术后 4 周至 6 周后会做一次听力测试。

## 什麼情况下须与医生連系

如有下列情况请联系門診護士或值班醫生：

- 耳部出血
- 体温超过华氏 100 度 F (摄氏 37.8 度)
- 红肿、疼痛加剧、或耳部流液
- 不停地噁心、嘔吐

## 病人教育

耳鼻喉科-头颈外科中心



# 乳突切除术

## 手术的过程及手术前如何准备

乳突切除术 (*mastoidectomy*) 是用以治疗抗生素无法治疗的耳炎之疗法。做此手术时、您的医生会请除发炎的组织 (胆脂瘤)。

此小册为您解释手术的过程、如何做手术前的准备、及如何做复原期的准备。

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Otolaryngology – Head and  
Neck Surgery Center

Box 356161  
1959 N.E. Pacific St. Seattle, WA 98195  
206-598-4022

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Mastoidectomy  
Chinese

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手術前兩星期內切勿服用阿司匹林或其他阿司匹林類的藥物

### 如何準備

- 手術前兩星期內不可服用阿司匹林或其他會影響血凝的藥物。如布洛芬類 (Advil, Motrin) 及萘普生類的 (Aleve, Naprosyn)。
- 這是門診手術不須住院。一定要安排親友開車載你。不可坐計程車或公車回家。

### 手術後：如何自理以促進康復

#### 注意事項

手術後 24 小時、請勿：

- 駕車或單獨旅遊
- 操作機器
- 喝酒
- 簽任何法律文件
- 負責照顧他人

#### 敷料

- 手術後耳部會有敷料。要保留在原地一週。
- 敷料是以縛帶固定、如感不適您可以調整縛帶。
- 如有血滲出到外敷料、你可回耳科門診部更換。
- 切勿取出耳內的紗布。醫生會在你下一次探訪時除去耳內的紗布。

- 患耳要保持乾爽、直到醫生說您可沾水。

#### 止痛藥

手術後，醫生一定會開口服止痛藥給您，因您會感到少許不適。

#### 飲食

手術後當晚可進食，但因受麻醉藥（給您的藥物使您在手術時安睡）的影響、您會感到惡心想吐。

#### 活動

- 手術後三週內請勿醒鼻。如需將鼻涕排出、請將它吸回口腔內再吐出。
- 當需要打噴嚏時，把嘴張開。不可捏鼻。因這會將空氣迫進耳內。

#### 返回工作

大部份病人休假一星期、但您的醫生會告訴您須休假多久。

#### 复诊

- 手術後 1 週回來復診除去外敷紗布。

您复诊的时间是:

切勿取出耳內的紗布。醫生會在你下一次探訪時除去耳內的紗布

## Questions?

Weekdays 8 a.m. to 5 p.m., call the Nurse's Voice-Mail Line, 206-598-7519.

Your call will be returned as soon as possible.

After hours call 206-598-6190 and ask for the Otolaryngologist on call to be paged.

- You will have another follow-up visit 2 weeks after surgery to remove your *inner* packing.
- You will have a hearing test 4 to 6 weeks after your surgery.

### When to Call the Doctor

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

- Bleeding from your ear
- Fever higher than 100°F (37.8°C)
- Increased redness, swelling, pain, or drainage from your ear
- Nausea or vomiting that will not stop



# Mastoidectomy

*What to expect and how to prepare*

**Mastoid surgery (*mastoidectomy*) is done to treat an ear infection that has not responded to antibiotics. In this surgery, your doctor will remove the infected (*cholesteatoma*) tissue.**

**This handout explains what to expect, how to prepare for your operation, and how to plan for your recovery.**

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**Do NOT take aspirin or aspirin-like products for 2 weeks before your operation.**

### How to Prepare

- Do **not** take any aspirin or other products that affect blood clotting for 2 weeks before your surgery. Two of these are ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn).
- You will go home the same day as your surgery. You must arrange for a responsible adult to give you a ride home. You **cannot** take a taxi or ride a bus home.

### After Your Operation: Self-Care to Speed Your Recovery

#### Precautions

For 24 hours after surgery, do not:

- Drive, or travel alone
- Use machinery
- Drink alcohol
- Sign any legal papers
- Be responsible for the care of another person

#### Dressing

- Keep the dressing (bandages) in place for **1 week**.
- You may adjust the strap if the dressing is uncomfortable.
- If the outside becomes blood-stained, you may return to clinic for a dressing change.
- **Do NOT take any packing out of your ear.** Your doctor will remove the packing at your next clinic visit.

**Leave the packing in your ear. Your doctor will take it out at your next clinic visit.**

- Keep your ear dry until your doctor says you can get it wet.

#### Pain Medicine

You will be given medicine to take by mouth for pain. Discomfort is usually minor after this surgery.

#### Eating

You can usually begin to eat and drink the evening of the procedure. Your stomach may feel a little queasy from the *anesthesia* (the medicine you were given to make you sleep during surgery).

#### Activity

- Do **not** blow your nose for 3 weeks. If you need to get mucous out of your nose, sniff it back and then spit it out.
- If you sneeze, keep your mouth open. Do **not** hold your nose. This will blow air into your ear.

#### Return to Work

Most people can return to work 3 days after surgery. Your return to work may depend on what kind of work you do.

#### Follow-up Visits

- You will need a follow-up visit 1 week after surgery to remove the outer packing from your ear.

Your follow-up appointment is:

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