



## 您有疑问吗？

我们很重视您的提问。当有疑问或顾虑时，请致电您的医生或医护人员。华大医院诊所的工作人员也可随时给您协助。

周间上午 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。

## 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。

## 海拔的改变

一个月内不能坐飛機。但可以坐電梯。

## 复诊

术后一星期须要覆诊检查伤口。之后每周复诊一次、连续二次。六周至八周后再做一次听力测试。

## 您复诊的时间是：

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 如有以下情况請即刻連絡門診護士或當值醫生

- 耳部红肿、疼痛加剧或流液
- 体温超过华氏 101.5 度 (摄氏 38.6 度)
- 耳部出血
- 不停地噁心、嘔吐

## 病人教育

耳鼻喉科-头颈外科中心



# 鼓室成型术

## 手术的过程及手术前如何准备

鼓室成型术是使用人造材料或天然組織来修补耳鼓 (耳膜) 或中耳内小的聆讯骨 (骨) 之手术。其目的是回复您的听力。

此小册为您解释手术的过程、如何做手术前的准备、及手术后疗养的指南。

UW Medicine

UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

Otolaryngology – Head and  
Neck Surgery Center

Box 356161

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

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手術前兩周内不能服用阿司匹林或其他会影响血凝的药物。

## 如何準備鼓室成型术

### 住院期

這是门诊手術不需住院。一定要安排親友開車載您。千萬不可自己駕駛、或坐计程车、公车回家。

### 报到时间

手术前一天下午 5 点以前、麻醉预科的护士会给您打电话。如您是周一做手术；则护士会在周五打电话给您。如您在下午 5 点尚未接到电话通知、请电 206-598-6334。

麻醉预科的护士会告诉您何时来医院报到、并提醒您：

- 几点后不可吃喝。
- 您平时服用的药物有那些可以服用那些不可服用。
- 服药时仅以少量的水送服。
- 安排术后载您回家的人。

## 手術後要如何护理

### 敷料

- 手术后耳部会有敷料。要保留在原位一周。
- 敷料是以縛带固定、如感不适您可以调整縛带。
- 如有血渗出到外敷料、您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、直到医生说您可沾水。
- 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。

### 止痛藥

手术后, 医生一定会开止痛药给您, 因为大多数的病人在手术后会感到少许不适。

### 飲食

手术后当晚可进食, 但因麻醉药影响、您可能会感到恶心想吐。

## 注意事项及自理

因您接受了全麻、因此手术后 24 小时内不可做下列事项：

- 驾车
- 喝酒
- 单独旅游
- 签任何法律文件
- 负责照顾他人

### 活动

手术后兩周内请勿：

- 醒鼻
- 游泳或潜水

當需要打噴嚏時, 要将口張開以減輕耳部的压力。

### 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.

Weekdays from 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 and on weekends and holidays, call 206-598-6190 and ask for the Otolaryngologist on call to be paged.

### Return to Work

Most people take 1 week off to recover. Your doctor will let you know if you need to take more time off.

### Altitude Changes

Do not fly for 1 month after your procedure. It is OK to use elevators.

### Follow-up Visits

You will need a follow-up visit 1 week after surgery to check your wound. Then, you will be seen once a week for 2 more weeks. You will have a hearing test 6 to 8 weeks after your surgery.

### Your appointment(s) is:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Call the Clinic Nurse or Doctor On-Call If You Have:

- Increased redness, swelling, pain, or drainage from your ear
- Temperature greater than 101.5°F (38.6°C)
- Bleeding from your ear
- Nausea or vomiting that will not stop



# Tympanoplasty

*What to expect and how to prepare*

**Tympanoplasty is surgery to repair the eardrum (*tympanic membrane*) or small hearing bones (*ossicles*) in the middle ear. They may be repaired using either man-made material or natural tissues. The purpose of this surgery is to restore your hearing.**

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

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**Do not take any aspirin or other products that affect blood clotting for 2 weeks before your operation.**

## How to Prepare for Your Operation

### *Hospital Stay*

This is a day (outpatient) surgery. You must arrange for a ride home. You cannot drive yourself or take a taxi or bus home alone.

### *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

### *Dressing*

- You will have a dressing in your ear after your operation. Keep this dressing in place for 1 week.
- The dressing will be held in place with a strap. You may adjust the strap if it is uncomfortable.

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

- If the outside of the dressing becomes blood stained, you may return to clinic for a dressing change.
- Keep your ear dry until your doctor tells you it is OK to get it wet.
- **Do NOT take out any packing from your ear.** Your doctor will remove the dressing at your next clinic visit.

### *Pain Medicine*

You will be given medicine to take by mouth for pain. Most patients have very little discomfort after this procedure.

### *Food*

You can begin to eat and drink the evening of your procedure. But, you may be a little nauseous from the anesthesia you received.

## Precautions and Self-Care

Because you 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

### *Activity*

For 2 weeks after your procedure, do **not**:

- Blow your nose
- Swim or dive

If you sneeze, be sure to do so with your mouth open to reduce pressure in your ears.