



病人教育

耳鼻喉科 - 頭頸外科中心



氣管造口術

基本資訊

氣管造口術指在下頸部的氣管上開一個口，常常被簡稱為“造口”。通過氣管造口術將一條管子置入氣管內，防止開口閉合。

吸氣

我們透過口鼻吸入的空氣是經過過濾的，溫暖而濕潤。然後，空氣透過喉嚨和喉頭進入氣管，最後進入肺中。

在實施氣管造口術之後，空氣繞過口鼻而直接進入氣管。

呼氣

通常情況下，在呼氣時，空氣透過喉頭進入，並在喉頭處使聲帶震動，發出聲響（聲音）。

在實施氣管造口術之後，會出現失聲，因為空氣是透過氣管造管離開身體的，而不再透過喉頭。

在氣管造口存在時

- 護士和呼吸治療師會插入一根小管，這根小管頭端造口與真空吸痰機相連接，以清除氣管中的粘液。在你能夠自行咳出分泌物之前，將一直採用這種方法。
- 會將一塊濕潤紗罩放置在造口上，增加吸入空氣中的水分和氧氣。
- 會將你的床頭稍稍擡起來幫助你呼吸。
- 你將使用不同方法來溝通，例如書寫便條，或用手指指出畫面或詞語。

更換小管後，你能夠在造口依然存在的情況下說話。當不再需要小管時，會將小管取出，造口會自行愈合。

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有任何問題嗎？

你的問題非常重要。如果你有任何問題或憂慮，請致電你的醫生或醫療提供機構。

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Tracheostomy
Chinese

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Tracheostomy

Basic information

A *tracheostomy* (tray-key-oss-tuh-me) is an opening made in the windpipe (trachea) in the lower neck. It is often called a “trach” (trake) for short. A tube is placed through the tracheostomy into the trachea to keep the opening from closing.

Breathing In

Air we breathe in through our nose and mouth is filtered, warmed, and moistened. It then passes through our throat and voice box (*larynx*), into our trachea and, finally, into our lungs.

With a *tracheostomy*, air goes directly into the trachea, bypassing the nose and mouth.

Breathing Out

Normally, when you breathe out, air goes through the larynx where it makes the vocal cords vibrate, creating sound (voice).

With a tracheostomy, there is a loss of voice because air leaves the body through the *trach* tube and no longer passes through the voice box.

While Your Tracheostomy Is in Place

- Nurses and respiratory therapists will keep your trach clear of mucous by inserting a small tube attached to a suction vacuum through the opening. This will be done until you are able to cough secretions on your own.
- A mist mask will be placed over your trach to add moisture and oxygen to the air you take in.
- The head of your bed will stay raised slightly to help you breathe.
- You will use different ways to communicate, such as writing notes or pointing to pictures or words.

After the tube is changed, you will be able to speak with the trach in place. When it is no longer needed, the tube will be removed and the opening will close on its own.

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Questions?

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