



## 人工耳蜗植入术

### 手术过程

本讲义为您讲解人工耳蜗植入术的过程、如何为手术做准备、以及如何规划康复

### 什么是人工耳蜗植入术？

在此手术中、将一个小型的装置放在您耳朵的后面、并将细小的电线插入您的内耳。当助听器无法很好地改善您的听力时、可以做耳蜗植入手术。

### 题示

除非您的医生另有指示、否则在手术前 **1** 周内且勿服用任何阿司匹林或其他会影响血液凝结的产品。

### 在住院

- 耳蜗植入术约需 2-3 小时。
- 某些患者在这手术后需要在医院过夜。您的外科医生或护理组会告诉您。

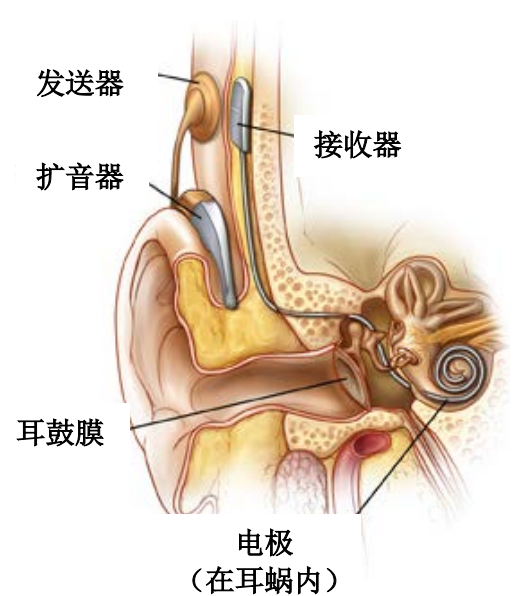
### 手术后的事项

#### 耳朵绷带

- 将压力绷带留在原处 48 小时。如您愿意、可以留更长的时间。
- 有些病者在睡觉时喜欢戴 **Glasscock** 耳朵敷料以保持舒适。

#### 伤口的护理

- 伤口部位会渗出一些液体。
- 您可在手术后 48 小时后取下敷料。



耳蜗植入术

- 如您的伤口是以下列方式闭合：
  - **手术胶**：切勿在伤口部位涂任何东西。
  - **缝针**：您可以用蒸馏水和干净的棉签（**Q-tips**）清洁伤口。清洁后、在该部位涂抹药膏。软膏使伤口部位保持湿润。可阻止伤口形成疮痂并改善愈合。

### 沐浴

- 出院后 48 小时、您可以淋浴和洗头。
- 如水进入您的耳朵、请用清洁的毛巾轻轻擦干。然后使用吹风机、将它设置在“低”的位置、吹您的耳朵 10 到 15 秒钟、或者直到您的耳朵开始感到温暖为止。

### 止痛药

会给您开口服止痛药。手术后大多数人几乎没有不适感。

### 进食

大多数患者可以在手术后的晚上开始进食。手术后第一餐：

- 吃容易消化的清淡食物。
- 避免油腻或辛辣的食物

### 注意事项

- 请勿在耳道中使用棉签（**Q-tips**）。
- 手术后与医生咨询之前请勿做 **MRI** 扫描



手术后 6 周内**切勿**擤鼻涕

### 活动

- **切勿**弯腰或快速移动。
- **切勿**在运动时屏住呼吸。
- 一周内**切勿**跑步或做出力的锻炼。
- 手术后 6 周内**切勿**擤鼻涕。
- 手术后 6 周内如要打喷嚏、请将口张开。
- 手术后 2 至 3 天可恢复轻度的日常生活。
- **可以**做轻度的伸展运动及步行。
- 手术一周后、可以继续所有其他的活动。

## 回复工作

当您觉得体力足够并且不感到头晕时、您就可恢复轻度工作。大多数患者在手术后 7 到 10 天的复诊时、除去钉针或缝线后就可以回复工作。

## 复诊

您需要安排预约、在手术后 7 至 10 天来取出订钉或缝线。如尚未设置门诊时间，请致电 **Call 206.598.7519**。

## 何时需要与我们联系

如有下列情况、请致电诊所护士或医生：

- 体温高于摄氏 **101.5°F** (华氏 **38.6°C**)
- 严重的耳痛即使服用止痛药亦然不能止痛
- 耳内流液
- 严重的晕眩（房间旋转）
- 出血、即使施加压力也不能止血
- 不停的恶心或呕吐
- 有顾虑不能等到下次门诊

## 备注及疑问：

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### 您有疑问吗？

我们很重视您的提问。您有疑问或顾虑时、请致电您的医生或医护人员。

华大医疗中心 **UWMC** 耳鼻喉科- 耳科及听力科：  
**206.598.7519**

下班以后及周末假期、请致电 **206.598.4022** 当您听到录音时、再按 **5**。就会将您转到社区护理专线的护士。

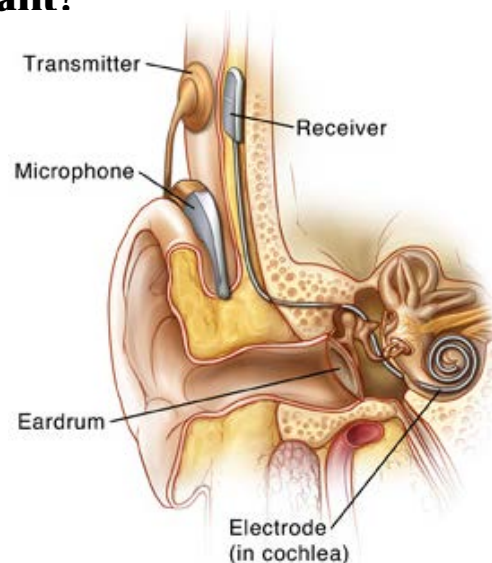
## Cochlear Implant

### *What to expect*

*This handout explains what to expect and how to plan for your recovery after cochlear implant surgery.*

### What is a cochlear implant?

In this surgery, a small device is placed behind your ear and tiny wires are inserted into your inner ear. Cochlear implant surgery may be done when hearing aids have not worked well enough to improve your hearing.



*A cochlear implant*

### Reminder

**Unless your doctor tells you otherwise, do not take any aspirin or other products that affect blood clotting for 1 week before your surgery.**

### Hospital Stay

- Cochlear implant surgery takes from 2 to 3 hours.
- Some patients stay overnight in the hospital after this surgery. Your surgeon or care team will tell you what to expect.

### What to Expect After Your Surgery

#### Ear Bandage

- Leave the pressure bandage in place for 48 hours after discharge. You may wear it longer if you wish.
- Some people like to wear a Glasscock Ear Dressing for comfort while they sleep.

#### Incision Care

- There will be some oozing from your incision site.
- You may remove the dressing 48 hours after your surgery.

- If your incision was closed with:
  - **Surgical glue:** Do **not** apply anything on the incision site.
  - **Stitches:** You may clean the incision site with distilled water and clean cotton swabs (Q-tips). After cleaning, apply ointment to the site. Ointment keeps the incision site moist. This stops scabs from forming and improves healing.

### **Bathing**

- You may shower and wash your hair 48 hours after discharge.
- If water gets into your ear, gently dry it with a clean towel. Then use a hair dryer set on “low” to blow-dry your ear for 10 to 15 seconds, or until your ear begins to feel warm.

### **Pain Medicine**

You will be given medicine for pain that you will take by mouth. Most people have very little discomfort after this surgery.

### **Eating**

Most patients can begin to eat and drink in the evening after their surgery. For your first meal after surgery:

- Eat light foods that are easy to digest.
- Avoid greasy or spicy foods.

### **Precautions**

- Do **not** use cotton swabs (Q-tips) in your ear canal.
- Do **not** have an MRI scan after surgery without talking with your surgeon about it first.



Do **NOT** blow your nose for 6 weeks after your surgery.

### **Activity**

- Do **not** bend over or move quickly.
- Do **not** hold your breath when you exercise.
- Do **not** jog or do strenuous workouts for 1 week.
- Do **not** blow your nose for 6 weeks after surgery.
- Sneeze with your mouth wide open for 6 weeks after surgery.
- You may resume light daily activities 2 to 3 days after surgery.
- It is OK to do light stretching and go for a walk.
- You may resume all other activities 1 week after surgery.

## Return to Work

You may return to light work when you feel strong enough and do not feel dizzy. Most patients return to work after their staples or stitches are removed at their follow-up visit, 7 to 10 days after surgery.

## Follow-up Visits

You will need to make an appointment for your staples or stitches to be removed. This appointment should be 7 to 10 days after your surgery. Call 206.598.7519 if you do not already have your appointment set up.

## When to Call

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

- Fever higher than 101.5°F (38.6°C)
- Severe ear pain that does not go away after you take your pain medicine
- Drainage from your ear
- Strong *vertigo* (the room is spinning)
- Bleeding that does not stop when you apply pressure
- Nausea or vomiting that will not stop
- Concerns that cannot wait until your follow-up visit

## Notes and Questions

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### Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staffs are also available to help.

**UWMC Otolaryngology –  
Otology and Audiology:  
206.598.7519**

After hours and on weekends and holidays, call 206.598.4022 and press 5. You will be directed to the Community Care Line nurse.