



## 关于鼻腔和鼻窦手术的常见问题

### 手术后我能锻炼吗？

手术后一周内：

- 尽可能地多休息。
- 避免会增加心率或呼吸的活动，如骑自行车、慢跑、举重或有氧运动。
- 避免提、拉或推任何超过 10 至 15 磅的物件。（一加仑的水约有 9 磅重）。
- 避免弯腰。



手术后的第一周请尽可能地多休息。

### 手术后可以吃正常的饮食吗？

手术后您可以恢复正常饮食。如胃部感到不适，可以先尝试简单或清淡的食物，如吐司、酸奶或土豆等等。

### 手术后什么时候可以坐飞机？

如想旅行，请等到第一次复诊之后。在第一次复诊时，可询问您的外科医生旅行是否安全。通常是在手术后 1 到 2 周内做第一次复诊。

### 手术后我可以使用我的睡眠呼吸机吗？

请在手术前，与外科医生讨论使用睡眠呼吸机的事宜。您将与医生一起制定一个安全使用睡眠呼吸机的计划。

### 我何时可以淋浴或洗澡？

- 在手术中所接受的麻醉会影响您当天的正常工作能力。如您感到头晕、头昏或不舒服，请勿洗澡、沐浴或独处。
- 手术后 24 小时后，您可以淋浴或洗澡。但避免将头浸在水中，请在第一次复诊时与外科医生讨论。
- 有关麻醉后恢复的更多资讯，请阅读 "麻醉后在家恢复" 的讲义。

## 我什么时候可以恢复工作？

大多数病人约在手术 1 周后就可以恢复工作。如工作单位要求提供家庭/医务需要的证明（FMLA）或短期残障表格，请将表格传真至 206.598.6611。也可以用您的华大电子邮箱 eCare 将表格上传给我们。

## 手术后何时开始冲洗鼻窦？

手术后第二天就开始冲洗鼻窦。每天做 4 至 6 次。鼻窦冲洗有助于保持鼻窦湿润，清除任何碎屑，并有助于减少复诊时需要清洗鼻窦的次数。

在做冲洗之前将生理盐水溶液放在微波炉中加热 15 秒。微温的水对鼻窦和鼻孔会较舒适、有舒缓作用。在鼻腔冲洗前务必测试水温。

术后冲洗鼻腔时出现血块、带血的分泌物或粘液是正常的。

## 我应该使用那种鼻窦和鼻腔冲洗装置？

我们建议使用 NeilMed 牌的鼻窦冲洗装置。该装置价位低廉，易于清洗，而且您可以自己控制压力。

其他冲洗装置，如 Neti Pot 或 Navage，也可以使用。这些设备对某些情况有帮助。您也可能因为其他原因而喜欢使用它们。

## 我何时可以恢复使用鼻腔喷剂？

请在第一次复诊时，向您的外科医生询问使用鼻腔喷雾剂的事宜。大多数患者约在手术后 1 周就可以恢复使用类如 Nasonex、Flonase 及 Astelin 等鼻腔喷雾剂。

## 手术后感到鼻塞是正常的吗？

手术后，鼻腔和鼻窦会有一些肿胀。感到充血或感觉像得了类似严重的“头痛型感冒”是正常的。拥堵的情况应该在几周后得到改善。完全恢复可能需要 3 个月或更长的时间。

## 手术后我是否会感到疼痛？

### 喉咙痛

手术后、因为在手术期间（插管）将呼吸管子插入喉部，您的喉咙可能会有些疼痛。这个问题应该在几天后解决。试着吸吮润喉糖、喝加蜂蜜的热茶，或吃一些冰棒可以缓解喉咙的疼痛。

## 控制疼痛

手术后有轻度到中度的疼痛是正常的。疼痛的感觉可能是胀压感、烧灼感、鼻窦感染或钝痛。

遵照医生的指示来控制疼痛。大多数患者使用非处方止痛药，如对乙酰氨基酚（泰诺-Tylenol）来帮助缓解疼痛和肿胀。医生可能要您交替服用布洛芬（Advil, Motrin）及对乙酰氨基酚。

您回家时还会给您开少量的处方止痛药（阿片类药物），以应对任何严重的“突破性”疼痛。阿片类药物会影响反应时间和推理能力。

当您服用阿片类药物时：

- 不要开车
- 不要使用机器（如割草机）
- 不要饮酒
- 不做重要的决定或签署法律文件
- 不要负责照顾儿童、宠物或需要照顾的成年人负责。

## 手术后鼻子里会有填塞物吗？

您的鼻子里不会有填塞物（敷料）。可能会有一个内部夹板，垫片或支架。这些将在您第一次或第二次复诊时去除。

## 手术后会有淤青或肿胀吗？

鼻子及脸颊周围可能会有一些轻微的肿胀。大多数患者不会有瘀伤。如有任何瘀伤，请致电诊所。

为了帮助您在恢复期间消肿，可以尝试使用冷敷。在清醒时段，每小时敷 15 分钟。

### 您有疑问吗？

我们很重视您的提问、如您有疑问或顾虑、请致电您的医生或医务人员。

**耳鼻喉/头颈外科中心：**  
206.598.4022

## Common Questions About Nasal and Sinus Surgery

### Can I exercise after surgery?

For 1 week after surgery:

- Rest as much as you can.
- Avoid activities that increase your heart rate or breathing, such as biking, jogging, weight lifting, or aerobic exercise.
- Avoiding lifting, pulling, or pushing anything that weighs more than 10 to 15 pounds. (A gallon of water weighs almost 9 pounds.)
- Avoid bending over.



*Rest as much as you can for the first week after surgery.*

### Can I eat a normal diet after surgery?

You may resume your normal diet after surgery. If your stomach is upset, try plain or bland foods such as toast, yogurt, or potatoes.

### When can I fly after surgery?

If you want to take a trip, wait until after your first follow-up visit. At this visit, ask your surgeon if travel is safe for you. Your first follow-up visit is usually 1 to 2 weeks after surgery.

### Can I use my CPAP after surgery?

Before surgery, talk with your surgeon about using your CPAP. Together, you will create a plan for using CPAP safely.

### When can I shower or bathe?

- The anesthesia you received for your surgery will affect your ability to do normal tasks for about a day. If you feel dizzy, light-headed or unwell, do **not** shower, bathe, or be by yourself.

- Starting 24 hours after surgery, you may shower or bathe. Avoid putting your head under water until you talk to your surgeon at the first follow-up visit.
- For more information on recovery from anesthesia, please read the handout “Recovering at Home After Anesthesia.”

### **When can I return to work?**

Most patients return to work about 1 week after surgery. If your employer requests a FMLA or short-term disability form, please fax the form to 206.598.6611. You can also upload it to eCare.

### **When do I start sinus rinses after surgery?**

Start your sinus rinses the day after surgery. Do them 4 to 6 times a day. Rinses help keep your sinuses moist, clean out any debris, and help lessen the sinus cleaning needed at your follow-up visits.

Try warming the saline solution in the microwave for 15 seconds before doing your rinse. This can be very comforting and soothing to the sinuses and nostrils. Be sure to check the water temperature before using it in your nasal rinse.

It is normal to see clots, bloody discharge, and mucus while rinsing after surgery.

### **Which sinus and nasal irrigation device should I use?**

We advise using a NeilMed sinus irrigation device. The device is not costly, it is easy to clean, and you can control the pressure.

Other irrigation devices, such as a Neti Pot or Navage, are also OK to use. These can be helpful for certain conditions. You may also prefer them for other reasons.

### **When can I resume using my nasal sprays?**

Ask your surgeon about nasal sprays at your first follow-up visit. Most patients can resume using nasal sprays such as Nasonex, Flonase, and Astelin about 1 week after surgery.

### **Is it normal to feel congested after surgery?**

You will have some swelling in your nose and sinuses after surgery. It is normal to feel congested or feel like you have a bad “head cold.” The congestion should improve after a few weeks. Full recovery can take 3 months or more.

## Will I have pain after surgery?

### Sore Throat

Your throat may be sore after having a tube down your throat during surgery (*intubation*). This problem should resolve after a few days. Try sucking on throat lozenges, drinking hot tea with honey, or eating popsicles to help ease soreness.

### Pain Control

It is normal to have mild to moderate pain after surgery. The pain can feel like pressure, burning, a sinus infection, or a dull ache.

Follow your doctor's instructions for pain control. Most patients use an over-the-counter pain medicine such as acetaminophen (Tylenol) to help ease the pain and swelling. Your doctor may want you to alternate acetaminophen with ibuprofen (Advil, Motrin).

You will also go home with a small supply of prescription pain pills (*opioids*) for any severe "breakthrough" pain. Opioids can affect your response time and ability to reason. While you are taking opioids:

- Do **not** drive.
- Do **not** use machines (such as a lawn mower)
- Do **not** drink alcohol
- Do **not** make important decisions or sign legal papers
- Do **not** be responsible for children, pets, or an adult who needs care

## Will I have packing in my nose after surgery?

You will not have packing (dressing) in your nose. You might have an internal splint, spacers, or stents. These will be removed at your first or second follow-up visit.

## Will I have bruising or swelling after surgery?

You may have some mild swelling around the nose and cheeks. Most patients do not have bruising. Call the clinic if you have any bruising.

To help with swelling during your recovery, try using a cold compress. Apply it for 15 minutes every hour while you are awake.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

**Otolaryngology/Head and Neck Surgery Center: 206.598.4022**