



## 乳突骨手术

### 他的过程及如何准备

本讲义为您讲解乳突手术的过程、如何为手术做准备、以及如何规划康复

### 乳突骨手术是什么？

乳突骨就在耳后位于头骨的底部。乳突切除术是手术切除部分骨骼。

耳朵被感染、但是在用抗生素治疗后、感染没有治愈。这时可以做这种手术、您的外科医生就将受感染的组织清除。

### 我因该如何做准备？

- 手术前 **1 周**不要服用阿司匹林或其他会影响血液凝固的任何产品。其中两种是布洛芬（Advil、Motrin 等）和萘普生（Aleve, Naprosyn 等）。
- 手术前 **48 小时**内、不要使用剃须刀剃身体任何部位。我们希望在手术当天避免皮肤割伤。
- 手术前的教导时护士会提醒您：
  - 在何时开始就不可进食或饮水。
  - 有那些您日常服用的药物需要停止。
  - 服药时仅以一小口水送服。



乳突骨就在耳后。

### 带您回家的人

- **如您在手术当天出院：**您需要一位负责任的成年人带您回家。此人可以开车送您、或陪您乘坐公交车、出租车、班车或其他交通工具。您不能自己单独旅行。
- **如您需住院：**第二天可能可以自己开车回家。

### 手术的前一天

- **淋浴：**手术前的晚上请淋浴：
  - 使用护士给您的抗菌皂洗您的身体。

- 请勿使用抗菌皂洗脸或头发。（请参阅肥皂附带的说明书。）请使用自己的皂洗脸及洗发水洗头。
- 用清洁的毛巾擦干身体后穿上清洁的衣服
- **报到的时间:**外科病人护理协调员（PCC）。将在手术前一天下午 5 点之前给您打电话。如您是星期一做手术、护理协调员（PCC）就会在前一个星期五给您打电话。如您在下午 5 点之前没有收到此电话，请致电：**206.598.6541**。

## 手术的当天

### 在家

- **禁食:** 准照护士的指示不可进食或饮水。
- **淋浴:** 再用抗菌皂淋浴。按照前一天晚上的步骤淋浴。
- **药物:** 按照护士给您的指示、服用或不服用那些药物。请记住仅喝足够的水来服送药物。

## 手术后的注意事项

### 为了您的安全

手术后 24 小时内请勿:

- 驾车或独自外出
- 操作机械
- 喝酒
- 签署法律文件或做重大的决定
- 照顾儿童、宠物或需要照顾的成年人

### 敷料

- 外层的敷料请保留 **2** 天。
- 如敷料不舒服、您可以调整带子。
- 如敷料外部有血渗透、您可以回诊所来更换敷料。
- **且勿将耳内任何的棉塞取出。** 您的医生将在您下次门诊时取出棉塞。
- 请保持耳朵干燥、直到医生告诉您可以沾水。

### 止痛药

- **微痛或中度的疼痛:** 服用对乙酰氨基酚（泰诺）或布洛芬（Advil、Motrin）。按照标签上的剂量说明服用。泰诺及布洛芬每 4 小时交替服用。
- **较严重的疼痛:** 服用医生开的止痛药（阿片类药物）。只按规定服用。

## 饮食

- 一般在手术当晚您可进食、喝饮料。
- 您可能因麻醉而感到胃部不适（给您的药物可让您在手术期间入睡）。

## 活动

- 3周内**切勿**擤鼻。 如您需要从的鼻子里取出粘液、可将它吸回它然后吐出来。
- 如打喷嚏、请将嘴巴张开。**切勿**捂住鼻子。这会将空气吹进您的耳朵。

## 恢复工作

大多数的人可以在手术后**3**天恢复工作。 您重返工作岗位的时间可能取决于您的工作类型。如您对何时可以安全返回工作有任何疑问、请咨询您的外科医生。

## 复诊

您在手术后**1至2**周回来复诊。复诊时、我们会取出耳内的塞棉、并检查您的伤口。

您第一次的复诊预约是：

日期：\_\_\_\_\_ 时间：\_\_\_\_\_

- 您的医生会告诉您是否需要的任何其他随访、如听力测试等。

## 何时应该与医生联系

如有下列症状请致电诊所或您的医生：

- 耳部出血
- 体温超过 华氏 100°F (摄氏 37.8°C)
- 耳部发红加剧、肿、疼痛、或耳部流液
- 恶心、呕吐不止

### 您有疑问吗？

我们很重视您的疑问、如您有疑问或顾虑、请致电您的医生或医务人员。

周一至周五上午 8 点. 到 下午 5 请致电儿科留言专线 206.598.7519。我们会尽快回您电话。

下班后或周末假日：请致电 206.598.4022、当您听到录音后按 5 字键、就会转到社区护士专线。

## Mastoidectomy

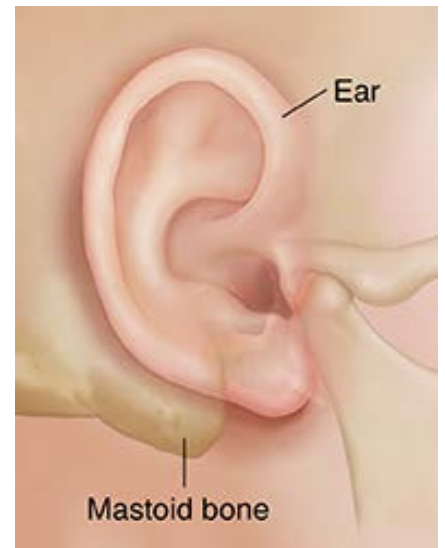
### *How to prepare and what to expect*

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

### What is a mastoidectomy?

The *mastoid* bone is at the base of the skull, just behind the ear. A *mastoidectomy* is surgery to remove part of this bone.

This surgery may be done when the ear is infected, but the infection has not gone away after being treated with antibiotics. Your surgeon will remove the infected tissue.



*The mastoid bone is just behind and under the ear.*

### How do I prepare?

- For 1 week before your surgery, do **not** take any aspirin or other products that affect blood clotting. Two of these are ibuprofen (Advil, Motrin, and others) and naproxen (Aleve, Naprosyn, and others).
- Starting 48 hours before surgery, do **not** use a razor to shave any part of your body. We want to avoid skin cuts on the day of surgery.
- During your pre-op the nurse 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.

### Your Ride Home

- **If you are discharged the same day as your surgery:** You will need a responsible adult to take you home from the hospital. This person may drive you, or take a bus, taxi, shuttle or other transportation with you. **You cannot travel by yourself.**
- **If you stay overnight in the hospital:** You may drive yourself home the next day.

## Day Before Surgery

- **Shower:** Take a shower the night before your surgery:
  - Use the antibacterial soap your nurse gave you to wash your body.
  - Do **not** use the antibacterial soap on your face and hair. (See directions that came with the soap.) Use your own soap and shampoo on your face and hair.
  - Use clean towels to dry off, and put on clean clothes.
- **Arrival time:** The pre-surgery nurse will call you by 5 p.m. the day before your surgery. If you are having surgery on a Monday, the nurse will call you the Friday before. If you do not receive this call by 5 p.m., please call **206.598.6541**.

## Day of Surgery

### At Home

- **Fast:** Follow the nurse's instructions about not eating and drinking.
- **Shower:** Take another shower with the antibacterial soap. Follow the same steps as you did the night before.
- **Medicines:** Follow the instructions the nurse gave you about which medicines to take or not take. Remember to sip **only** enough water to swallow your pills.

## What to Expect After Surgery

### For Your Safety

For 24 hours after surgery, do **not**:

- Drive a vehicle or travel alone
- Use machinery
- Drink alcohol
- Sign any legal papers or make important decisions
- Be responsible for children, pets, or an adult who needs care

### Dressing

- Keep the outer dressing (bandages) in place for **2 days**.
- You may adjust the strap if the dressing is uncomfortable.
- If the outside of the dressing becomes bloody, 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.
- Keep your ear dry until your doctor says you can get it wet.

## Pain Medicine

- **For mild to moderate pain:** Take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin). Follow the dose instructions on the label. Alternate taking Tylenol and ibuprofen every 3 to 4 hours.
- **For severe pain:** Take the pain medicine (opioids) your doctor prescribed. Take **only** as prescribed.

## Eating

- You can usually eat and drink in the evening on the day of your surgery.
- You may have an upset stomach 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. Ask your surgeon if you have any questions about when you can safely go back to work.

## Follow-up Visits

You will have a **follow-up visit 1 to 2 weeks after surgery**. At this visit, we will remove the *inner* packing from your ear and check your wound.

Your 1st follow-up visit is:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Your doctor will tell you about any other follow-up you may need, such as a hearing test.

## When to Call

Call the clinic or your doctor 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

## Questions?

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

Weekdays from 8 a.m. to 5 p.m., call the Otology Voice Mail Line at 206.598.7519. We will return your call as soon as we can.

After hours and on weekends and holidays, call 206.598.4022 and press 5 when you hear the recording. You will be directed to the Community Care Line Nurse.