



直接微喉镜

声带手术、注射、或激光切除术

此讲义是解释在做直接微喉镜的过程。以及康复时自我护理的指导。

什么是直接微喉镜？

直接微喉镜是以显微镜来检视喉部（声带）的程序。

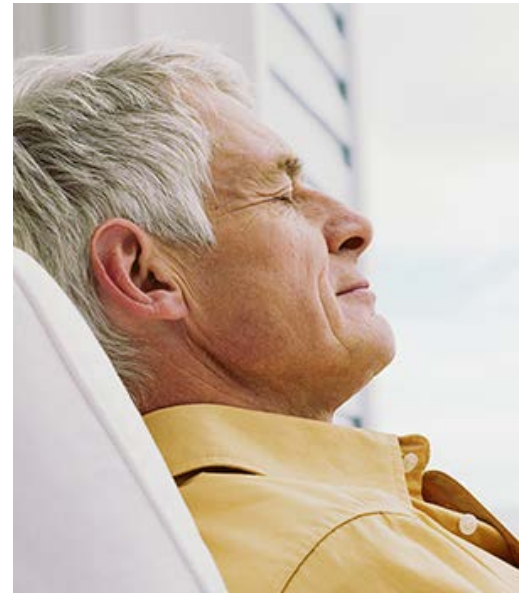
他的过程如何？

程序前，会先给您全身麻醉，这是让您睡觉的药。麻醉生效后、您的医生会轻轻地将一个显微镜插入您的口腔。然后使它保持在适当的位置。如此您的医生就可看到您的喉咙和声带、并有两只手自由操作。

如声带上有病变(异常组织)、它们就可能被切除、或做活检(取一组织的小样本、在实验室做鉴定)。也可能在声带内或声带附近为您注射。

做好程序后

- 程序做完后、我们会带您去恢复室。大多数病人在这个房间里呆一个小时候左右、然后在同一天回家。
- 在程序结束后、必须有一位负责的成年人护送您回家。这个人可以开车送您，或者可以一起乘公共汽车、出租车或班车。您不能自己开车、也不能自己坐任何交通工具。
- 我们还建议在您做程序后的第一晚、有一位负责的成年人陪伴您、直到您从麻醉中恢复。



做程序后一周内、当您躺着休息时需要将头部垫高。

- 在做程序时所用的全身麻醉会对您有影响。因此手术后 24 小时内**不要**：
 - 驾车或操作机械
 - 饮酒
 - 独自旅行
 - 签署任何法律文件
 - 负责照顾幼儿、宠物或需要护理的成年人
- 回家后、一周内在躺卧时要将头部垫高。
- 您的喉咙可能会痛好几天。如需要、您可以服用对乙酰氨基酚(泰诺), 布洛芬(阿德维尔), 或其他非处方药止痛药(您可以购买无需处方)。
- 您可能声音嘶哑、舌头麻木、可能有几天会觉得食物的味道与平常不同。在很少的情况下、麻木或味觉变化可能会持续几个星期。
- 避免吃辛辣或油腻的食物, 或刺激喉咙的食物、如脆的食物。
- 为了帮助您的康复、请遵照医生的指示、让您的声音有休息的时间。
- **除了使用声音之外**, 大多数病人在做程序后 **24** 小时内可以恢复他们日常的活动。

何时应该与诊所联系

如有下列情况与诊所联系：

- 有任何呼吸及吞咽的困难
- 非处方的止痛药不能止痛
- 持续恶心或呕吐
- 对您的症状有任何疑问或顾虑

与谁联系

- **安排预约**: 致电耳鼻喉科—头颈外科中心 **206.598.4022**、当您听到录音时、再按 **8**。
- **如您已经是病人、但对您的治疗计划有疑问**:
 - 工作日上午 **8** 点至下午 **5** 点、请致电喉科的语音信箱 **206.598.4437**
 - 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。

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。

耳鼻喉科—头部及颈部外科中心
206.598.4022
华大医疗中心 3 楼
Box 356161
1959 N.E. Pacific St.
Seattle, WA 98195

工作日上午 **8** 点至 下午 **5** 点
请致电喉科语音信箱:
206.598.4437。

安排预约:请致电 **206.598.4022**。
当您听到录音时、再按 **8**。

Micro-Direct Laryngoscopy

Vocal cord surgery, injection, or laser excision

This handout explains what happens during a micro-direct laryngoscopy. It also gives self-care instructions to follow as you recover.

What is micro-direct laryngoscopy?

Micro-direct laryngoscopy is a procedure that uses a microscope to see the *larynx* (voice box).

What can I expect?

Before your procedure, you will receive *general anesthesia*, which is medicine to make you sleep. After the anesthesia takes effect, your doctor will gently insert a *scope* into your mouth. The scope is then positioned so that it stays in place. This lets your doctor see your throat and vocal cords and have both hands free to do the procedure.

If there are *lesions* (abnormal tissue) on your vocal cords, they will be either removed or *biopsied* (a small sample of tissue is removed to be studied in the lab). You may also receive an injection in or near your vocal cords.

After Your Procedure

- After your procedure, we will take you to the recovery room. Most patients stay in this room for about 1 hour and then go home the same day.
- **A responsible adult must take you home after the procedure.** This person may drive you, or you may take a bus, taxi, or shuttle together. You cannot drive yourself, or take any other transportation by yourself.
- We also advise that you have a responsible adult stay with you the first night, until you have recovered from the anesthesia.



For 1 week, keep your head elevated when you rest.

- The general anesthesia you had during your procedure will affect you. For 24 hours after surgery do **not**:
 - Drive or use machinery
 - Drink alcohol
 - Travel alone
 - Sign any legal papers
 - Be responsible for children, pets, or an adult who needs care
- When you get home, rest with your head elevated for 1 week.
- Your throat may hurt for several days. If needed, you can take acetaminophen (Tylenol), ibuprofen (Advil), or another over-the-counter pain reliever (medicines you can buy without a prescription).
- You may be hoarse, your tongue may be numb, and foods may taste different than normal for a few days. Rarely, the numbness or taste change may last a few weeks.
- Avoid foods that are spicy or greasy or that irritate your throat, such as crunchy foods.
- To help your healing and recovery, follow your doctor's instructions about resting your voice.
- **Except for using their voice**, most patients can resume most of their usual activities 24 hours after the procedure.

When to Call the Clinic

Call the clinic if you have:

- Any trouble breathing or swallowing
- Pain that is not relieved by over-the-counter pain medicine
- Nausea or vomiting that does not go away
- Questions or concerns about any of your symptoms

Who to Call

- **For appointments:** Call Otolaryngology – Head and Neck Surgery Center at 206.598.4022 and press 8 when you hear the recording.
- **If you are already a patient and have questions about your treatment plan:**
 - Weekdays from 8 a.m. to 5 p.m., call the Laryngeal Voice Mail Line at 206.598.4437.
 - After hours and on weekends and holidays, call 206.598.4022 and press 5 when you hear the recording. You will be connected with a Community Care Line nurse.

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
3rd floor, UWMC
Box 356161
1959 N.E. Pacific St.
Seattle, WA 98195

Weekdays from 8 a.m. to 5 p.m., call the Laryngeal Voice Mail Line: 206.598.4437.

For appointments, call 206.598.4022. Press 8 when you hear the recording.