



鼓膜切开术插管或不插管

如何做准备及其过程

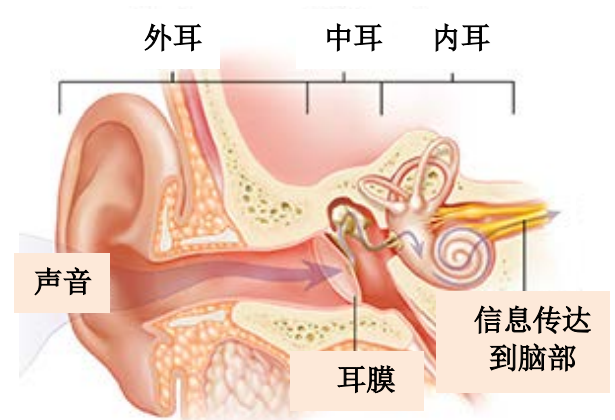
此讲义为您解释如何为鼓膜切开术做准备，其过程及术后护理。

有关这医疗程序

鼓膜切开术是治疗中耳积液的一种方法。您的医生会在您的耳膜上切开一个切口以释放压力并排出积液。

如何做准备

- 您在做此程序后可能会感到头晕。安排好一位可以带您回家的人。即使您可能不感到头晕、但最好还是先做好准备。
- 您可以照常进食、服用常规的药物。



鼓膜是位于中耳

过程

- 这程序是在诊所做。包括您的恢复时间、一共不到 1 小时。
- 首先、在您的耳鼓膜上涂抹液体麻醉剂（麻醉药）。
- 然后医生会在耳膜上做一个小切口、并将积液吸出。
- 再通过切口插入一根小管使中耳干燥。这有助于防止更多的液体聚集在那里。

程序后

疼痛

大多数的患者在此过程后仅有很轻微的疼痛。如有需要、您可以服用对乙酰氨基酚（泰诺）或布洛芬（Advil, Motrin）。

饮食

饮食照常

回去工作

程序后您不需休假。

在家的自我护理

在医生告诉您它没问题之前，**不要**让水进入您的耳朵。

后续的门诊

您的医生会告诉您何时应该到诊所复诊。这次门诊将安排在您的手术后**1至2**个月。

您的复诊时间：

星期 _____

日期 _____

时间 _____

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

- **安排门诊预约**, 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** 与前台服务人员联系
- **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 **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。

何时应该与诊所联系

如您有下列情况、请与诊所的护士或您的医生联系：

- 体温高于华氏 **101°F** (摄氏 **38.3°C**)
- 耳朵流液
- **晕眩** (觉得头晕)

Myringotomy with or without Tube Insertion

How to prepare and what to expect

This handout explains how to prepare for myringotomy, how it is done and what to expect afterward.

About Your Procedure

A *myringotomy* is a procedure to treat the buildup of fluid in the middle ear. Your doctor will make an incision in your eardrum to relieve pressure and drain fluid.

How to Prepare

- You may feel dizzy after this procedure. Have someone to ready to drive you home afterward. You might not feel dizzy, but it is best to be prepared.
- You may eat normally and take your regular medicines.



The eardrum is in the middle ear.

What to Expect

This procedure is done in the clinic. It will last less than 1 hour. This includes your recovery time.

- First, a liquid *anesthetic* (numbing medicine) is applied to your eardrum.
- Your doctor will then make a small incision in your eardrum and suction out the fluid.
- A small tube may then be inserted through the incision to dry out your middle ear. This helps prevent more fluid from collecting there.

After Your Procedure

Pain

Most patients have very little pain after this procedure. You may take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin), if needed.

Diet

You may eat your usual diet.

Return to Work

You will not need to take time off work after this procedure.

Self-care at Home

Do **not** allow water to get into your ear until your doctor tells you it is OK.

Follow-up Visit

Your doctor will tell you when you should come to the clinic for a follow-up visit. This visit will be 1 to 2 months after your procedure.

Your follow-up visit is on:

Day _____

Date _____

Time _____

Questions?

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

- **To set up a clinic visit**, call the Otolaryngology/ Head and Neck Surgery Center at 206.598.4022 and press 8 to speak to the front desk.
- **If you are already a patient** and have questions about your treatment plan:

Weekdays from 8 a.m. to 5 p.m., call the Otology Voice Mail Line at 206.598.7519.

After hours and on weekends and holidays, call 206.598.4022 and press 5 when you hear the recording. This will connect you with a nurse on the Community Care Line.

When to Call

Call the clinic nurse or your doctor if you have:

- Fever higher than 101°F (38.3°C)
- Drainage from your ear
- *Vertigo* (feeling dizzy)