



鼻腔和鼻窦手术的风险

患者须知

本讲义解释了做鼻腔或鼻窦手术的一些风险。

鼻腔或鼻窦手术很少会出现问题，但所有手术都有一定的风险。如对本手册中所列的风险有任何顾虑或疑问，请与您的医生讨论。

出血

手术期间

大多数患者在此手术中会失血少许。在极少数情况下，出血量可能比预期的要多。

如发生这种情况，外科医生可能会停止手术。如有大量出血，您可能需要在手术后在医院过夜。

手术后

手术后 24 至 72 小时内，鼻子会有一些出血。这是正常现象。如有大量出血，请致电您的医疗提供者。他们可能会要您到诊所或急诊室，以便医生或护士评估鼻出血的情况。

输血

患者在鼻腔或鼻窦手术后因出血而需要输血是很罕见的。输血的风险包括起了不良反应或感染。

感染

细菌在鼻子和鼻窦内生活是正常的。在鼻窦炎（鼻窦炎症）发作时，保护鼻腔组织的粘膜可能会被破坏。这可以导致正常的细菌或新的细菌感染。

由于手术也会影响粘膜，所以手术后会有很小的感染风险。可能会在手术期间或手术后给予抗生素以预防感染。



如有任何疑虑或问题，请与您的医生讨论。

脑脊液(CSF)渗漏

鼻窦和大脑之间只有一层薄薄的骨头。在鼻窦手术过程中，有极少可能会伤及这块薄骨。如发生则可能会导致脑脊液（包围大脑和脊髓的液体）的渗漏，甚至可能伤及大脑。

脑脊液渗漏（CSF）是非常罕见的。它发生在不到 0.1% 的鼻窦手术中（每 1000 例手术中不到 1 例）。

脑脊液渗漏可能有导致脑膜炎（大脑周围膜的炎症）的风险。如发生这种情况，可能需要做更多的手术而且住院时间也会延长。

眼睛问题

鼻窦和眼睛之间只有一层薄薄的骨头。在鼻窦手术过程中，有很少的可能会伤及这块薄骨。如发生则可能会导致视力变化或丧失视力。这些问题通常只影响一只眼睛。

鼻窦手术后可能出现的其他眼部问题有：复视、视力模糊、眼睛大量流泪(泪溢)或眼睛周围出血。这些问题发生在不到 0.1% 的鼻窦手术中（每 1000 例手术中不到 1 例）。

其他风险

鼻窦手术的其他风险是非常罕见的。这些风险包括：

- 鼻窦的症状没有改变或变得更严重
- 脸部疼痛，眼睛周围有淤青或肿胀
- 改变或丧失嗅觉或味觉
- 上颚的门牙麻木或不适
- 唇部肿胀、青紫或短期麻木
- 鼻腔干燥或鼻子有 "空荡 " 的感觉

麻醉反应

- 如使用局部麻醉（麻药），则出现不良反应的风险是非常小的。
- 如使用全身麻醉，患者在手术过程中处于睡眠状态。全身麻醉有一些罕见但严重的风险。请与您的麻醉师交谈，以了解更多有关这些风险的信息。

鼻腔成形术

一些有鼻窦问题的患者也患有 *鼻中隔偏曲*（即分隔两个鼻腔壁的 *鼻中隔* 有问题）。如有这种情况，外科医生可能会在鼻窦手术中修复它。这个简短的手术称为 *鼻中隔成形术*。

如做了鼻中隔成形术，主要的风险是：

- 鼻中隔出血或感染
- 前牙麻木（通常是短期的）
- 鼻中隔上有破洞（*隔膜穿孔*）
- 鼻中隔的问题又再出现
- 鼻子的外观变化（风险很小）。

疑问？

如对本讲义中列出的任何风险有疑问或担忧，请务必与您的外科医生讨论。

本讲义中的信息经许可自美国鼻科学会的 "鼻腔和鼻窦手术的风险"，版权为 2015 年改编。

您有疑问吗？

我们很重视您的提问。如您有任何疑问或顾虑、请与您的医生或医疗提供者联系。

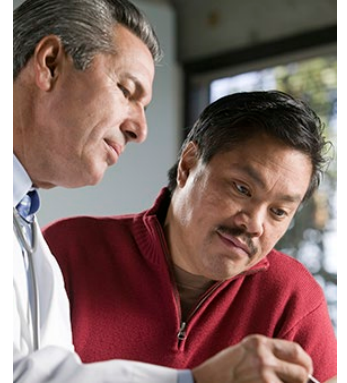
耳鼻喉/头/颈外科中心电话：
206.598.4022

Risks of Nasal and Sinus Surgery

What you should know

This handout explains the risks of having nasal or sinus surgery.

It is rare to have problems with nasal or sinus surgery, but all surgeries involve some risks. Please talk with your doctor if you have any concerns or questions about the risks listed in this handout.



Talk with your doctor if you have any questions.

Bleeding

During Surgery

Most patients lose a little blood during this surgery. Very rarely, there may be more bleeding than expected.

If this happens, your surgeon may stop the surgery. If there is a lot of bleeding, you may need to stay overnight in the hospital after the surgery.

After Surgery

You will have some bleeding from your nose for 24 to 72 hours after surgery. This is normal. If you have a lot of bleeding, call your provider. They may ask you to come to the clinic or go to an emergency department so that a doctor or nurse can assess the problem.

Blood Transfusion

Very rarely, a patient needs to receive blood through a *transfusion* due to bleeding after nasal or sinus surgery. The risks of a blood transfusion include having a bad reaction or getting an infection.

Infection

It is normal for bacteria to live inside the nose and sinuses. In *sinusitis* (sinus inflammation), the mucus lining that protects your nasal tissues can be damaged. This can allow the normal bacteria or new bacteria to start an infection.

Since surgery also affects the mucus lining, there is a small risk of infection after surgery. You may receive antibiotics during or after surgery to help prevent infection.

Cerebrospinal Fluid (CSF) Leak

There is only a thin bone between the sinuses and brain. During sinus surgery, there is a rare chance of damage to this thin bone. This can cause a leak of *cerebrospinal fluid* (the fluid that surrounds the brain and spinal cord), and can even injure the brain.

A cerebrospinal fluid (CSF) leak is very rare. It occurs in less than 0.1% of sinus surgeries (less than 1 in 1,000 surgeries).

A CSF leak can put you at risk for *meningitis* (inflammation of the membranes that surround the brain). If this happens, you may need more surgery and a longer hospital stay.

Eye Problems

There is only a thin bone between the sinuses and eye. During sinus surgery, there is a rare chance of damage to this thin bone. This can cause vision changes or loss of eyesight. These problems most often affect only 1 eye.

Other eye problems that can occur after sinus surgery are double vision, blurred vision, a lot of tearing from the eye (*epiphora*), or bleeding around the eye. These problems occur in less than 0.1% of sinus surgeries (less than 1 in 1,000 surgeries).

Other Risks

Other risks of sinus surgery are very rare. They include:

- Sinus symptoms do not change or they get worse
- Pain in your face, with bruising or swelling around your eyes
- Changes in or loss of your sense of smell or taste
- Numbness or discomfort in your upper front teeth
- Lip swelling, bruising, or short-term numbness
- Nasal dryness or an “empty” feeling in your nose

Anesthesia Reactions

- If you have *local anesthesia* (numbing medicine), your risk of having a bad reaction is very low.

- If you have *general anesthesia*, you will be asleep during the surgery. There are rare but serious risks with having general anesthesia. Talk with your anesthesiologist to find out more about these risks.

Septoplasty

Some patients with sinus problems have a *deviated nasal septum* (a problem in the *septum*, the wall that divides the 2 nasal cavities). If you have this condition, your surgeon may repair it during your sinus surgery. This short procedure is called a *septoplasty*.

If you have a septoplasty, the main risks are:

- Bleeding or infection in your septum
- Numbness of your front teeth (usually short-term)
- A hole in your septum (*septal perforation*)
- The problem in your septum returns
- A change in how your nose looks (very small risk)

Questions?

Please be sure to talk with your surgeon if you have questions or concerns about any of the risks listed in this handout.

Information in this handout has been adapted with permission from “Risks of Nasal and Sinus Surgery” by the American Rhinologic Society, copyright 2015.

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