

### **UW** Medicine

UNIVERSITY OF WASHINGTON MEDICAL CENTER

## 嗅觉治疗

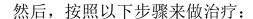
嗅觉丧失后的嗅觉训练

### 什么是嗅觉治疗?

嗅觉治疗也称为*嗅觉训练*。它包括每天嗅闻相同的4种气味。研究显示,当一个人失去部分或全部嗅觉时,这种疗法可以提高他的嗅觉能力。

### 我需要做什么?

买4到8小瓶您熟悉的气味精油。 这些可能包括柠檬、桉树、薰衣草 、丁香、橙子或薄荷等等。



- 1. 用医疗提供者开出的*布地奈德-budesonide 药物* 做鼻腔生理盐水冲洗。(详情请参见讲义"鼻窦冲洗")。
- 2. 打开 1 瓶精油。将瓶子放在鼻下,轻轻呼吸 15 秒。
- 3. 吸气时,回想一下在您失去嗅觉之前,那股香味的感受。把 所有的注意力都集中在那个气味的记忆上。
- 4. 休息 15 秒钟。
- 5. 再用其他的三种香精重复同样的步骤。

每天做1到2次这种治疗,持续3个月。3个月后,用4种新的气味再重复这个过程。

### 注意事项

- 确保您家中的烟雾报警器能正常工作。每6个月更换一次电池。
- 如您的家庭使用天然气,请安装一个能检测一氧化碳和爆炸性气体的警报装置。
- 确保扔掉任何您认为可能已经变质的食物。



### 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

如希望获取更多有关失去嗅觉 的资讯:请上美国耳鼻喉科-头颈外科学会的耳鼻喉健康 网站。

www.enthealth.org/conditions/ hyposmia-and-anosmia/

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### **Smell Therapy**

Olfactory training when you have smell loss

### What is smell therapy?

Smell therapy is also called *olfactory training*. It involves sniffing the same 4 scents every day. Research shows that this therapy can improve a person's ability to smell when they have lost some or all of their sense of smell.

### What do I need to do?

Buy 4 to 8 small bottles of essential oil with scents that are familiar to you. These may include lemon, eucalyptus, lavender, clove, orange, or peppermint.

Then, follow these steps for your therapy:

- 1. Do a nasal saline rinse with the *budesonide* medicine that your provider prescribed. (Please see the handout "Sinus Rinse" for details.)
- ESSENTIAL OIL
- 2. Open 1 bottle of essential oil. Hold the bottle under your nose and breathe softly for 15 seconds.
- 3. When breathing in, recall how that scent smelled before you lost your sense of smell. Focus all your attention on that scent memory.
- 4. Take a 15-second break.
- 5. Repeat these steps with the other 3 essential oils.

Do this therapy 1 to 2 times a day for 3 months. After 3 months, repeat the process using 4 new scents.

#### Reminders

- Make sure you have a smoke alarm that works. Change the batteries every 6 months.
- If your home uses natural gas, install a device that detects both carbon monoxide **and** explosive gas.
- Make sure to throw out any food that you think might be spoiled.

### **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

To learn more about smell loss, visit the ENT Health website by the American Academy of Otolaryngology-Head and Neck Surgery: www.enthealth.org/conditions/hyposmia-and-anosmia/