



## 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。

然后，按照以下步骤来做治疗：

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/](http://www.enthealth.org/conditions/hyposmia-and-anosmia/)

## 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.)
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/](http://www.enthealth.org/conditions/hyposmia-and-anosmia/)