



## 患者教育

耳鼻喉科 — 頭頸外科中心



# 鐙骨足板造孔術

## 注意事項和準備工作

鐙骨足板造孔術是指復原傳導聲音之中耳部分的手術。在本手術中，醫師會首先為病人實施鐙骨（即鐙形骨）切除術，然後使用假體（人造部件）替代鐙骨。

本印刷資料講解了術前準備工作和針對術後恢復的計劃工作。

### 準備工作

- 在您接受手術的前 2 週內，請勿服用阿司匹林或者類似產品，除非您的醫師告知您可以服用此類藥物。（請參閱附表。）
- 請勿修刮您先前不是每天都修刮之任何身體部位。如果您平常對您的手術部位周圍進行修刮，則請勿在您接受手術的前 2 天（即 48 小時）內對該部位進行修刮。
- 鐙骨足板造孔術屬於門診手術。因此，您需要在您接受手術的當天上午返回家中。您必須安排好返家時乘坐的交通工具。您不可以自己開車。

### 接受手術前 24 小時

- **進行 2 次淋浴：**手術前一天晚上進行 1 次淋浴，手術當天早上進行第 2 次淋浴。使用護士給您用於清洗身體的抗菌皂。  
請勿將抗菌皂用於清潔臉部和頭髮。（請參閱隨抗菌皂所附之說明書。）請使用您自己的香皂和洗髮露清潔臉部和頭髮。使用乾淨的毛巾將全身擦乾，並穿上乾淨的衣服。
- **到達時間：**術前護士會在您接受手術的前一天下午的 5:00 之前與您取得電話聯絡。如果您正好在週一接受手術，則護士將會在前一個週五給您打電話。如果您在下午 5:00 仍未接到術前護士的電話，請撥 206-598-6334。

術前護士將告訴您何時到達醫院，並提醒您：

- 在特定時間之後不要進食或飲水
- 安排某人在您接受手術後開車送您回家
- 需要服用或者不服用哪種常規藥物
- 只喝一小口水，足夠吞嚥藥丸即可

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術後，請將填塞物留在您的耳朵裡。您的醫師將會在您到門診部隨診時為您取出填塞物。

## 術後注意事項

### 注意事項

由於您將接受全身麻醉，因此請勿在術後 24 小時內進行下列事情：

- 開車或獨自旅行
- 使用機械設備
- 飲酒
- 簽署任何法律文件
- 負責照顧另一個人

### 耳朵包紮

您將需要在術後向耳朵中放入填塞物。

如果您的耳朵出血，則請致電門診部。**請勿從您的耳朵裡取出任何填塞物。**在您下次到門診部複診時，您的醫師將會為您取出耳朵裡的填塞物。

### 止痛藥物

您將會得到口服抗生素和止痛藥物。按照處方要求服用這些藥物。您應該會有少許不適。

### 飲食

通常，您在接受手術的當天晚上即可飲食。您可能因使用麻醉藥物而感到些許反胃。

### 擦鼻涕和打噴嚏

3 週內，請勿擦鼻涕。如果您需要將鼻子中的黏液擤出，則請把它吸回去，然後再將它吐出。如果您想打噴嚏，則請在打噴嚏時將嘴張開。請勿在打噴嚏時捏住鼻子，因為這樣做將會增加您耳朵的壓力，對術後康復不利。

### 聽力

在術後的前 4 週內，您的聽力可能會有變化。您可能會聽到耳朵內有破裂聲或者砰砰聲。所有這些現象均屬正常。

## 重返工作崗位

大多數人可在術後 1 週重返工作崗位。您休息的時間長短取決於您的工作類型。您的醫師將會告訴您，您是否需要休息更長時間。



# Patient Education

Otolaryngology - Head and Neck Surgery Center



## Stapedotomy

*What to expect and how to prepare*

Stapedotomy is surgery to rebuild the parts of the middle ear that conduct sound. In this surgery, the *stapes* (stirrup bone) is bypassed and replaced by a *prosthesis* (a man-made part).

This handout explains how to prepare for your operation and how to plan for your recovery.

### How to Prepare

- Do **not** take any aspirin or aspirin-like products for 2 weeks before your operation, unless told to do so by your doctor. (See attached sheet.)
- Do not shave any part of your body that you do not already shave every day. If you normally shave near your surgical site, do **not** shave that area for 2 days (48 hours) before your surgery.
- This is an outpatient surgery. You will go home the morning of your operation. You must arrange for a ride home. You may not drive yourself.

### 24 Hours Before Your Surgery

- **Take 2 showers:** Take 1 shower the night before, and a second shower the morning of your operation. Use the antibacterial soap your nurse gave you to wash your body.

Do **not** use the antibacterial soap on your face and hair. (See directions that came with the soap.) Use your own soap and shampoo on your face and hair. Use clean towels to dry off, and put on clean clothing.

- **Arrival time:** The pre-surgery nurse will call you by 5 p.m. the night before your operation. If you are having surgery on a Monday, the nurse will call you the Friday before. If you do not hear from the pre-surgery nurse by 5 p.m., please call 206-598-6334.

The pre-surgery nurse will tell you when to come to the hospital and will remind you:

- Not to eat or drink after a certain time
- To arrange for someone to drive you home after surgery
- Which of your regular medicines to take or not take
- To sip only enough water to swallow your pills

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**Leave the packing in your ear after surgery. Your doctor will take it out at your follow-up clinic visit.**

## **What to Expect After Your Operation**

### *Precautions*

Because you will have received general anesthesia, do **not** do these things for 24 hours after surgery:

- Drive or travel alone
- Use machinery
- Drink alcohol
- Sign any legal papers
- Be responsible for the care of another person

### *Ear Dressing*

You will have packing in your ear after surgery.

If your ear bleeds, call the clinic. **Do NOT take out any of the packing from your ear.** The packing will be removed by your doctor at your next clinic visit.

### *Pain Medicine*

You will be given oral antibiotics and medicine for pain. Take these medicines as prescribed. You should have very little discomfort.

### *Eating*

You can usually begin to eat and drink the evening of your procedure. You may feel a little queasy from the anesthesia.

### *Nose-blowing and Sneezing*

Do **not** blow your nose for 3 weeks. If you need to get mucus out of your nose, sniff it back and then spit it out. If you sneeze, do it with your mouth open. Do not hold your nose when you sneeze, since this will increase the pressure your ear.

### *Hearing*

Your hearing may come and go during the first 4 weeks after surgery. You may hear cracking or popping in your ear, and it may sound like your head is in a barrel. All of these things are normal.

## **Return to Work**

Most people can return to work 1 week after surgery. How much time you take off may depend on what you do for a living. Your doctor will tell you if you need to take more time.

