

鼓室成形术

如何做准备及其过程

此讲义为您解释鼓室成形术、是修复一部分耳朵的手术。它描述了手术的过程、如何为手术做准备、以及如何计划您的恢复。

什么是鼓室成形术？

鼓室成形术是修复中耳鼓膜或小听骨(听小骨)。它们可以用人造材料或天然组织修复。这个手术的目的是恢复您的听力。



鼓室成形术是修复部分中耳的手术

如何做准备

手术前一周开始: 切勿服用阿司匹林或其他影响血凝的药物。有两种此类药物如：布洛芬 ibuprofen (Advil、Motrin) 及 naproxen (Aleve, Naprosyn)。如需详细的资讯、请参见所附表格。

- **手术前 48 小时:** 切勿使用剃须刀剃刮身体任何的部分。
我们不希望在手术的当天皮肤上有任何的割伤。
- 在**手术前**的门诊时护士会告诉您：
 - 在何时开始就不能吃喝
 - 那些常规药物应该服用、或者那些不服用
 - 仅以一小口水送服药片

手术前一天

- **淋浴:** 手术前的晚上请淋浴：
 - 使用护士给您的抗菌皂洗您的身体。
 - 请勿使用抗菌皂洗脸或头发。（请参阅肥皂附带的说明书。）请使用自己日常的皂洗脸及洗发水洗头。
 - 用清洁的毛巾擦干身体后穿上清洁的衣服



使用手机摄像头扫描
即可获取此讲义
的数字副本

- **报到的时间:**外科病人护理协调员（PCC）。将在手术前一天下午5点之前给您打电话告诉您。如您是星期一做手术、护理协调员（PCC）就会在前一个星期五给您打电话。如果您在下午5点之前没有收到此电话，请致电：**206.598.6541**。

手术的当天

在家

- **禁食:** 准照护士的指示不可进食或饮水。
- **淋浴:** 再用抗菌皂淋浴。按照前一天晚上的步骤淋浴。
- **药物:** 按照护士给您的指示、服用或不服用那些药物。请记住仅喝足够的水来服送药物。

坐车回家

这是门诊手术。一般患者不须留院过夜。

您需要一位负责任的成年人把您从医院送回家。这个人可以开车送您、也可以坐公共汽车、出租车、班车或其他交通工具。**您不能一个人出门。**

手术后的护理

敷料

- 手术后您耳道内会塞有填料。**切勿取出此填料。**您的医生会在您下次门诊时将它取出。
- 在耳道开口处还有一个外敷料或棉球、由创可贴覆盖。请将这种敷料保持2天。
 - 外部敷料将以带子固定。您可以调整肩带使它较舒适。
 - 如血液渗透到敷料外面、您可以返回诊所换药。
- 保持耳部干燥、直到医生说可以沾湿。

止痛药

- **对于轻度到中度的疼痛:** 可服用对乙酰氨基酚（泰诺）或布洛芬（Advil, Motrin）。按照标签上标明的剂量服用。每3至4小时交替服用泰诺和布洛芬。
- **对于较严重的疼痛:** 服用医生开的处方药(含鸦片) 按照医嘱服用。

在家的自我护理

为了您的安全

您做手术时的全身麻醉会影响您的思考及做日常活动的 ability。手术后24小时内，**且勿**：

- 驾车或操纵机械
- 喝酒
- 独自旅行
- 签署法律文件
- 负责照顾儿童、宠物或成年人

活动

- 做完程序后的4周内**切勿**：
 - 擤鼻子
 - 游泳或潜水
- 如您需要打喷嚏、请张开嘴巴以减轻耳朵的压力。

恢复工作

大多数人需要休息一周才能康复。如您需要休息更多时间、医生会告诉您。

海拔的变化

- 手术后1个月内**不要**坐飞机。
- 可以乘电梯。

复诊

- 您需要在手术后一个星期至一个月内回来复诊、以便检查您的伤口。问您的外科医生这次复诊应安排在什么时候。
- 您需要在手术后6-8周做听力测试。

您的预约:

何时应该与医生联系

当您有下列状况时请致电诊所的护士或医生：

- 耳朵红、肿、疼痛加剧或耳朵流液
- 体温高于101.5°F (38.6°C)
- 耳出血
- 恶心或呕吐不止

您有疑问吗？

我们很重视您的疑问、如您有疑问或顾虑、请致电您的医生或医务人员。

如需预约门诊，或您对治疗方案有任何疑问，请致电耳鼻喉科/头颈外科中心，电话 **206.598.4022**，然后按 **2**。

Tympanoplasty

How to prepare and what to expect

This handout explains tympanoplasty, surgery to repair the parts of the ear. It describes what to expect, how to prepare for your operation, and how to plan for your recovery.

What is tympanoplasty?

Tympanoplasty is surgery to repair the eardrum (*tympanic membrane*) or small hearing bones (*ossicles*) in the middle ear. They may be repaired using either man-made material or natural tissues. The purpose of this surgery is to restore your hearing.



Tympanoplasty is surgery to repair parts of the middle ear.

How to Prepare

- **Starting 1 week before surgery:** Do **not** take any aspirin or other products that affect blood clotting. Two of these are ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn). See the attached sheet for more information.
- **Starting 48 hours before your surgery:** Do **not** use a razor to shave any part of your body. We want to avoid skin cuts on the day of surgery.
- During your **pre-op visit**, the nurse will tell you:
 - Not to eat or drink after certain time
 - Which of your regular medicines to take or not take
 - To sip only enough water to swallow your pills

Day Before Surgery

- **Shower:** Take a shower the night before your surgery:
 - Use the antibacterial soap your nurse gave you to wash your body.
 - Do not use the antibacterial soap on your face or hair. (See the 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 clothes.
- **Arrival time:** A surgery patient-care coordinator (PCC) will call you by 5 p.m. the day before your surgery. If you are having surgery on a Monday, the PCC will call you the Friday before. If you do not receive this call by 5 p.m., please call **206.598.6541**.



*Scan for a digital
copy of this handout.*

Day of Surgery

At Home

- **Fast:** Follow the nurse's instructions about not eating and drinking.
- **Shower:** Take another shower with antibacterial soap. Follow the same steps as the night before.
- **Medicines:** Follow the instructions the nurse gave you about which medicines to take or not take. Remember to sip only enough water to swallow your pills.

Ride Home

This is outpatient surgery. Most patients do not stay overnight in the hospital.

You will need a responsible adult to take you home from the hospital. This person may drive you, or take a bus, taxi, shuttle or other transportation with you. **You cannot travel by yourself.**

What to Expect After Your Operation

Dressing

- You will have packing in your ear canal after your surgery. **Do NOT remove this packing.** Your doctor will remove it at your next clinic visit.
- There will also be an outer dressing or a cotton ball over your canal opening, covered by a Band-aid. Keep this dressing in place for 2 days.
 - The outer dressing will be held in place with a strap. You may adjust the strap for better comfort.
 - If the outside of the dressing becomes bloody, you may return to clinic for a dressing change.
- Keep your ear dry until your doctor tells you it is OK to get it wet.

Pain Medicine

- **For mild to moderate pain:** Take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin). Follow the dose instructions on the label. Alternate taking Tylenol and ibuprofen every 3 to 4 hours.
- **For severe pain:** Take the pain medicine (opioids) your doctor prescribed. Take only as prescribed.

Self-care at Home

For Your Safety

The general anesthesia you had for surgery will affect your ability to think and do usual activities. For 24 hours after your surgery, do **NOT**:

- Drive or use machinery
- Drink alcohol
- Travel alone
- Sign any legal papers
- Be responsible for children, pets, or an adult who needs care

Activity

- For 4 weeks after your procedure, do **not**:
 - Blow your nose
 - Swim or dive
- If you have to sneeze, do so **with your mouth open** to reduce pressure in your ears.

Return to Work

Most people take 1 week off work to recover. Your doctor will let you know if you need to take more time off.

Altitude Changes

- Do **not** fly for 1 month after your procedure.
- It is OK to use elevators.

Follow-up Visits

- You will need a follow-up visit 1 week to a month after surgery to check your wound. Ask your surgeon when to schedule this follow-up visit.
- You will have a hearing test 6 to 8 weeks after your surgery.

Your appointments are:

When to Call

Call the clinic nurse or doctor on call if you have:

- Increased redness, swelling, pain, or drainage from your ear
- Fever higher than 101.5°F (38.6°C)
- Bleeding from your ear
- Nausea or vomiting that will not stop

Questions?

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

To set up a clinic visit, or if you have questions about your treatment plan, call the Otolaryngology/Head and Neck Surgery Center at 206.598.4022 and press 2.