



## 鼻中隔成形术

### 自我护理及手术过程

此讲义为您解说鼻中隔成形术的过程、及术后如何护理

### 活动

手术后:做一般轻易的活动、如走路在家中或办公室内走动。

### 手术后 1 周内

- 平躺时多加几个枕头、或睡在躺椅上会较舒适。
- 避免会导致您气喘、出汗或吃力的活动。
- 切勿提拿、推、或拉超过 10 磅的重物。(一加仑的水约 9 磅重)。

### 手术后 2 周内

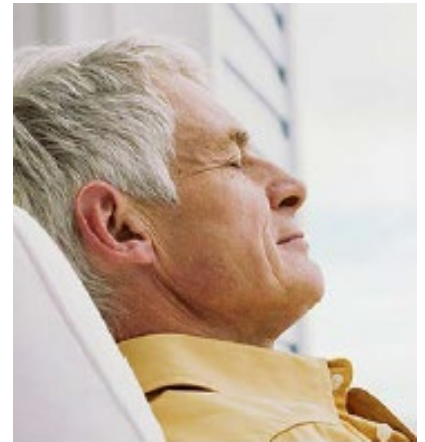
- 避免擤鼻。
- 如您打喷嚏、将嘴张开以减低鼻内的压力。

### 饮食

饮食照常。

### 鼻腔的护理

- 如手术时放置了鼻骨夹板,它要在鼻内安放 7 至 14 天。您的外科医生会告诉您鼻夹板需要放几天。
- 48 小时内、您可能会有鼻液渗透出来。用纱布卷起来放在鼻下。按需要更换。
- 手术后第一天、就需要按照我们教您的方式以盐水冲洗鼻腔。每天至少 4 次。



手术后一周内、需睡在躺椅上、或在头下多用几个枕头

- 为避免鼻腔太干燥、您可以在每次冲洗鼻腔后在每一鼻孔内涂一些凡士林（或 Aquaphor）。

## 控制疼痛

鼻骨夹板可能会导致一些面部的不适。

- **中度或轻度的疼痛：**服用对乙酰氨基酚（泰诺）、按照标签上的剂量说明服用。医生也可能建议服用布洛芬（Advil、Motrin）。请在服用布洛芬前、先与医生确认。
- **较严重的疼痛：**服用医生开的止痛药（阿片类药物）。 **必须**按规定服用。

## 何时应该与医生联系

如有下列症状请与医生联系：

- 体温超过华氏 100°F（摄氏 37.8°C）
- 疼痛、止痛药不能缓解
- 流鲜红的血无法止血
- 感染的症状：
  - 伤口发红、肿、发热
  - 流液有异味
- 对止痛药有反应：
  - 恶心、呕吐
  - 皮疹或发痒
  - 无法排尿

### 您有疑问吗？

我们很重视您的疑问、如您有任何疑问或顾虑、请致电您的医生或医务人员。

#### 如有疑问或顾虑：

周一至周五上午 8 点. 至下午 5 点；请致电耳鼻喉科/头、颈外科 206.598.4022、接通后请按 2。

下班后或周末假日：请致电 206.598.4022、当您听到录音后按 2 字键、就会转到社区护士专线。

**预约方面的疑问：**请致电请致电耳鼻喉科/头、颈外科：206.598.4022.

## 紧急护理

如有下列的反应、**请即刻打 911** 或到就近的急诊室：

- 呼吸困难
- 起风疹块
- 大量出血

## After Your Septoplasty

### *Self-care and what to expect*

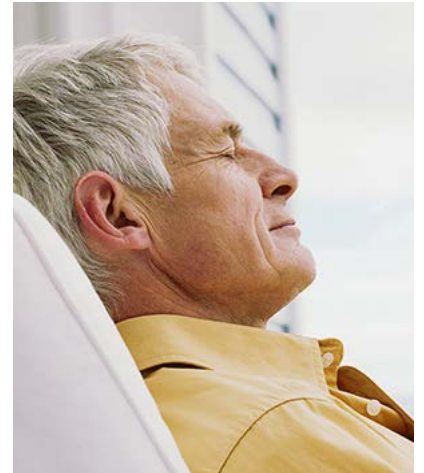
*This handout explains what to expect after having septoplasty surgery.*

### Activity

Do normal easy activities after your surgery, such as walking or moving about your house or office.

#### For 1 Week After Surgery

- Put a few pillows under your head when you lie down, or sleep in a recliner chair if that is more comfortable.
- Avoid doing any activity that makes you breathe hard, sweat, or strain.
- Do **not** lift, push, or pull anything that weighs more than 10 pounds. (A gallon of water weighs almost 9 pounds.)



*For 1 week after surgery, sleep in a recliner chair or use extra pillows under your head.*

#### For 2 Weeks After Surgery

- Avoid blowing your nose.
- If you have to sneeze, keep your mouth open to lessen pressure on your nose.

### Eating

You may eat your normal foods.

### Nasal Care

- If you have nasal splints placed at the time of surgery, they will stay in place for 7 to 14 days. Your surgeon will tell you how long you will have these splints.
- For 48 hours, you may have some oozing from your nose. Roll up a gauze bandage and place it under your nose. Change it as needed.

- The day after surgery, start doing your saline nasal irrigations as we taught you. Irrigate your nose at least 4 times a day.
- To keep your nose from drying out, you may apply a small amount of petroleum jelly (Vaseline or Aquaphor) to the outermost part of each nostril after irrigating.

## Managing Pain

Pressure from the splints may cause some discomfort in your face.

- **For mild to moderate pain:** Take acetaminophen (Tylenol). Follow the dose instructions on the label. Your doctor may advise that you also use ibuprofen (Advil, Motrin). Check with your doctor before taking ibuprofen.
- **For severe pain:** Take the pain medicine (*opioids*) your doctor prescribed. Follow the directions on the bottle.

## When to Call

Call your healthcare provider if you have:

- Fever higher than 100°F (37.8°C)
- Pain that is not controlled by your pain medicine
- Bright red bleeding that will not stop
- Signs of infection:
  - Redness, swelling, or warmth at your incision
  - Drainage that smells bad
- A reaction to the pain medicine:
  - Nausea and vomiting
  - Rash or itching
  - Problems passing urine (peeing)

### Questions?

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

#### For questions or concerns:

Weekdays from 8 a.m. to 5 p.m., call Otolaryngology/Head and Neck Surgery Center at 206.598.4022 and press 2.

After hours and on weekends and holidays, call 206.598.4022 and press 2 to talk with a Community Care Line Nurse.

**For appointment questions:** Call Otolaryngology/Head and Neck Surgery Center: 206.598.4022.

## Urgent Care

**Call 911 right away** or go to the emergency room if you have:

- Problems breathing
- Hives
- A lot of bleeding