

## 嗅觉疗法

### 嗅觉丧失时的嗅觉训练

### 什么是嗅觉疗法？

嗅觉疗法也称为嗅觉训练。它要求每天闻相同的 4 种气味。研究表明，这种疗法可以改善部分或全部嗅觉丧失者的嗅觉能力。

### 我需要做什么？

购买 4 到 8 小瓶您熟悉的香味的精油。这些香味可能包括柠檬、桉树、薰衣草、丁香、橙子或薄荷。

然后，按照以下步骤进行治疗：

1. 用您的医生开的布地奈德药物进行鼻腔生理盐水冲洗。（详情请参阅“鼻窦冲洗”手册。）
2. 打开 1 瓶精油。将瓶子放在鼻子下方，轻轻呼吸 15 秒。
3. 吸气时，回想一下您失去嗅觉之前的气味。将所有注意力集中在那段气味记忆上。
4. 休息 15 秒。
5. 用其他三种精油重复这些步骤。

每天进行 1 到 2 次，持续 3 个月。3 个月后，用 4 种新的香味重复此过程。

### 提醒

- 确保您的烟雾报警器正常工作。每 6 个月更换一次电池。
- 如果您的房屋使用天然气，请安装一个可同时检测一氧化碳和爆炸性气体的装置。
- 请务必扔掉任何您认为可能变质的食物。



### 有问题吗？

您的问题非常重要。如有任何疑问或顾虑，请致电您的医生或医疗保健提供者。

耳鼻喉/头颈外科中心：  
**206.598.4022**; 206.598.4022

如需了解更多关于嗅觉丧失的信息，请访问美国耳鼻喉-头颈外科学会耳鼻喉健康网站：

[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/)