



## 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

- **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的能力。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：

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## 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。

周一至周五上午 8 点. 到 下午 5 请致电儿科留言专线 **206.598.7519**。我们会尽快回您电话。

下班后或周末假日：请致电 **206.598.4022**、当您听到录音后按 **5** 字键、就会转到社区护士专线。

## 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**.

## Day of Surgery

### At Home

- **Fast:** Follow the nurse's instructions about not eating and drinking.
- **Shower:** Take another shower with the antibacterial soap. Follow the same steps as you did 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, to 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:**

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## 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.

Weekdays from 8 a.m. to 5 p.m., call the Otology Voice Mail Line, 206.598.7519. We will return your call as soon as we are able.

After hours and on weekends and holidays, call 206.598.4022 and press 5 when you hear the recording. You will be directed to the Community Care Line Nurse.