

目錄 catalogue

Understanding your nose ----- P (2)

What is nasal surgery? ----- P (4)

What may happen after surgery -- P (6)

Complications ----- P (8)

Principles of post-surgical care --- P (10)

認識我們的鼻子 ----- P (3)

何謂鼻部手術 ----- P (5)

手術後可能情形 ----- P (7)

手術後的併發症 ----- P (9)

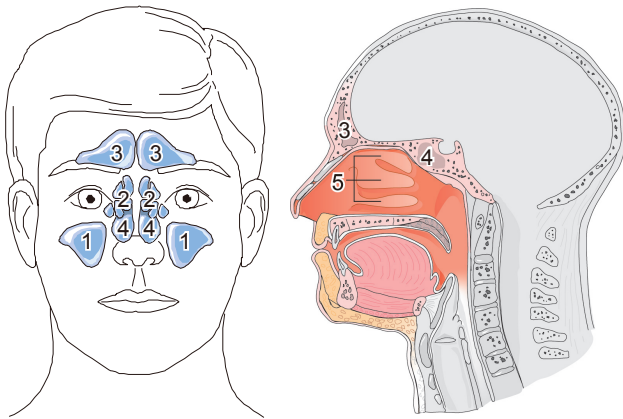
術後照顧原則 ----- P (11)

Understanding your nose

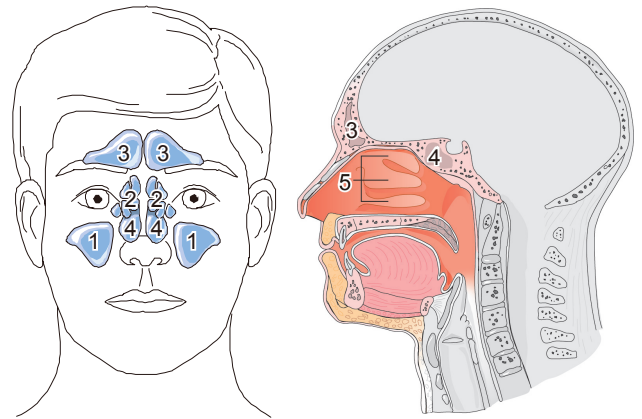
The nasal cavity is located in the middle of the face and comprises the nasal septum, nasal turbinates, maxillary sinuses, ethmoid sinuses, frontal sinuses, and sphenoid sinuses.

認識我們的鼻子

鼻腔室位於頭顱的中央。鼻腔的構造有鼻中隔、鼻甲、上頷竇、篩竇、額竇、蝶竇。



- 1.maxillary sinuses
- 2.ethmoid sinuses
- 3.frontal sinuses
- 4.sphenoid sinuses
- 5.nasal turbinates



- 1. 上頷竇
- 2. 篩竇
- 3. 額竇
- 4. 蝶竇
- 5. 鼻甲

What is nasal surgery?

Nasal surgery is a surgical treatment for patients who have been diagnosed with chronic rhinitis, deviated nasal septum, or chronic sinusitis by an ENT specialist. Common procedures include: functional endoscopic sinus surgery, nasal septum reconstruction, turbinectomy, submucosal resection, and laser treatments.

何謂鼻部手術

指經醫師診斷後患有慢性鼻炎、鼻中膈彎曲、慢性鼻竇炎必須手術之病患。常見的手術包括：功能性鼻內視鏡、中膈矯正術、鼻甲切除術、黏膜下切除術、及雷射手術等。

What may happen after surgery

1. Excessive tearing due to blockage of the tear duct.
2. Nose bleeds and/or a runny nose.
3. Mouth breathing as a result of post-surgical packing in the nasal cavity.
4. Black or tarry stool as a result of swallowing blood from nosebleeds.

手術後可能情形

1. 流眼淚：因為鼻淚管阻塞。
2. 流鼻血與流鼻水。
3. 張口呼吸：因為鼻腔塞了鼻棉條。
4. 解黑便：因為吞下鼻血造成。

Complications

1. Nose bleeds (10-20%)
2. Other more rare complications:
adhesion, allotriosmia.

手術後的併發症

1. 鼻出血(10-20%)。
2. 沾黏、嗅覺異常。

Principles of post-surgical care

1. Changing cotton balls.



- Prepare clean cotton balls and have a trash bag available.



- Remove old cotton balls from the nose and throw them into the trash bag.

術後照顧原則

1. 更換鼻外部棉球



- 準備棉球與垃圾袋。



- 取下舊棉球丟垃圾袋。



■ Take new cotton balls and roll them into a rod shape.



■ 取出新棉球捲一捲。



■ Insert cotton ball into the nostril.



■ 塞入鼻孔便完成了。

2. Post-surgical ice-packs on the nose

- Within the first three days after surgery, intermittent ice-packing is needed, three times per day, 10-15 minutes each time. This will ease swelling and discomfort around the nose.

- Instructions for using an ice bag



- ☑ Prepare an ice bag and an ice pillow bag.

2. 手術後鼻部的冰敷

- 術後三天內，使用間歇性冰敷一天三次每次10-15分鐘，可以減輕鼻部腫脹不適。

- 冰囊使用方式



- ☑ 準備冰囊與冰枕套。



☑ Load ice cubes.



☑ 裝置冰塊。



☑ Seal the ice bag.



☑ 將冰囊口套緊。



☑ Place the ice bag into the ice pillow bag and apply it onto the patient's forehead or nose intermittently.



☑ 用冰枕套包覆冰囊，放在病人額頭或鼻子上方間歇冰敷。

3. Instructions for eating after the surgery

- Patients who were given general anaesthesia should not take food or water for more than six hours before the first meal. This is done to avoid choking on water or food, which may lead to aspiration pneumonia.
- Patients who were given local anaesthesia may eat or drink immediately after returning to the hospital room.
- Allowed food items:
Cool, soft foods such as ice cream, yogurt drinks, pudding, etc.

3. 手術後進食時間

- 全身麻醉病人需禁食 6 小時以上才能進食，以避免噎到而導致吸入性肺炎。
- 局部麻醉之病人，術後返回病房即可進食。
- 可進食食物：
冰淇淋、優酪乳、布丁等冰涼食物。

■ Prohibited items:
alcohol and cigarettes, hot foods, spicy foods (such as those with hot pepper and ginger), tonics (such as ginseng, Chinese angelica "dong quai," and sesame oil chicken). These foods are avoided in order to prevent blood pressure elevation and wound bleeding.

4. On the first day after surgery, the patient may develop a stuffy nose or experience bloody discharge from the nose. These are all normal phenomena.
5. Avoid blowing the nose forcefully.
6. Take oral medication prescribed by the doctor at the recommended time.

■ 禁食：菸酒、熱食、辛辣食物（如辣椒、薑等）、補品（如人蔘、當歸、麻油雞等），以免血壓上升造成傷口出血。

4. 手術後的第一天開始會有鼻塞、或鼻內有紅色滲出液，此為正常現象。
5. 手術後避免用力擤鼻涕。
6. 按時服用醫師開立的口服藥。

7. Stop taking any Chinese herbal tonic medicine or anticoagulant.

8. Visit our out-patient clinic three to four times for scheduled follow-ups.

9. Self-care measures for the first two-to-four weeks after surgery:

- Use nasal spray at least three times per day.
- Avoid strenuous exercise and remember to open your mouth when sneezing.
- Do not attempt to remove scabs or blood clots from the nostril because it may cause bleeding. Development of scabs or clots is a normal phenomenon and they will naturally fall out of the nostril.

7. 停用中草藥及抗凝血劑。

8. 術後回門診治療約3~4次。

9. 二~四週內注意事項：

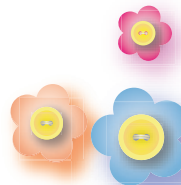
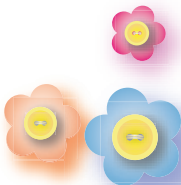
- 每天使用鼻噴劑至少三次。
- 勿做劇烈運動，並注意打噴嚏時嘴巴要張開。
- 鼻內結痂或血塊，從鼻孔掉出此為正常現象，千萬不要自行挖出，以免造成出血。

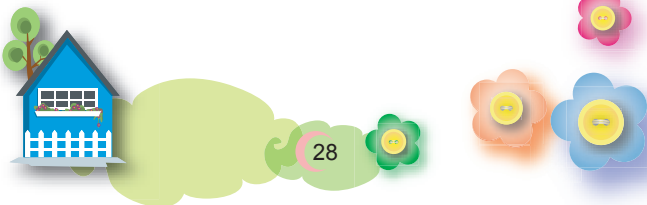
10. If bleeding is noted after surgery, please raise the head of your bed or rest your head at the height of two pillows, and apply an ice bag to your nose. If bleeding does not subside, or you have any other discomfort with it, please immediately return to our out-patient clinic or emergency department, so that our doctors can handle it for you.

10. 手術後如有出血，請先抬高床頭或頭睡兩個枕頭的高度休息，以冰囊冰敷鼻樑上；如果出現鼻出血不止或其他不適，請即刻返回門診或急診，讓醫師為您處理。



Memorandum







佛教慈濟綜合醫院
Buddhist Tzu Chi General Hospital

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

佛教慈濟綜合醫院
Buddhist Tzu Chi General Hospital

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鼻部手術後 的自我照護

Instructions for Self Care after Nasal Surgery

中英文

