

Information for Consent Adenoidectomy 腺樣體切除

Introduction 簡介

Removal of adenoid (enlarged lymphoid tissue located at nasopharynx, the back of the nose)
切除腺樣體（位於鼻咽/鼻孔後，肥大的淋巴組織）

Indications 適用情況

1. Nasal airway obstruction
鼻塞
2. Obstructive sleep apnea syndrome (OSAS) / Snoring
阻塞性睡眠窒息綜合症或鼻鼾症
3. Otitis media with effusion
滲出性中耳炎
4. Recurrent acute otitis media
復發性急性中耳炎
5. Chronic or recurrent rhinosinusitis
慢性或復發性鼻竇炎

Intended Benefits and Expected Outcome 預期結果

1. Reduce nasal airway obstruction
減輕鼻塞
2. Reduce snoring and sleep apnea
減輕打鼻鼾及睡眠窒息
3. Relieve otitis media with effusion
解除中耳積液
4. Reduce recurrent acute otitis media
減少急性中耳炎復發
5. Reduce chronic or recurrent rhinosinusitis
減少慢性鼻竇炎復發
6. There is chance of incomplete relief of symptoms and recurrence
有可能不會完全減輕症狀和有可能復發

Conditions that Would Not be Benefited by the Procedure 手術不能解決的問題

Nasal problems, snoring, sleep apnea and ear problems caused by obstruction other than adenoid enlargement
並非因腺樣體肥大所引致的鼻腔問題、打鼻鼾、睡眠窒息和耳部問題

The Procedure 手術過程

1. The operation will be carried out under general anesthesia
手術會在全身麻醉下進行
2. Sufficient amount of adenoid will be removed to improve airway patency
醫生將切除足夠份量的腺樣體，以改善氣道開放的情況

Risk and Complication 手術風險或併發症

There are always certain side effects and risks of complications of the procedure. Medical staff will take every preventive measure to reduce their likelihood.

手術有一些副作用和併發症風險，醫務人員將盡力減少副作用和併發症風險。

Common Risks and Complications 常見副作用和併發症 ($\geq 1\%$ risk/風險)

1. Bleeding
出血
2. Infection
感染
3. Trauma to oral and nasal tissue
口鼻組織損傷

Uncommon Risks with Serious Consequences 不常見的嚴重風險或併發症 ($<1\%$ risk/風險)

1. Eustachian tube injury and stenosis causing otitis media with effusion, tinnitus and hearing loss
咽鼓管損傷，引致滲出性中耳炎、耳鳴、聽力下降
2. Velopharyngeal incompetence causing voice change and fluid regurgitation on eating and drinking
腭咽閉合不良，引致發音改變、進食和喝水時液體返噎
3. Nasopharyngeal stenosis causing obstruction of nasal breathing, snoring, sleep apnea
鼻咽狹窄，引致鼻塞、打鼻鼾、睡眠窒息
4. Voice change
聲音改變
5. Temporomandibular joint injury causing pain, subluxation and trismus
顳頷關節損傷，引致疼痛、半脫臼和牙關緊閉
6. Teeth injury causing fracture, loosening and pain
牙齒損傷，引致斷裂、脫落和疼痛
7. Cervical spine injury causing neck pain, decreased range of movement, sensory and motor nerve deficit
頸椎損傷，引致頸痛、活動減退、感覺減低和運動神經損傷
8. Death due to serious surgical and anaesthetic complications
由於手術或麻醉的嚴重併發症引致死亡
9. Aspiration Pneumonia
吸入性肺炎

Before the Procedure 手術前準備

1. Inform your doctor of any medical condition and any medications you are taking. The medications may need to be adjusted as appropriate.
請告訴醫生你的醫療及服藥情況。藥物可能需要作恰當的增減。
2. Inform your doctor if you have a recent upper respiratory tract infection. The operation date may need to be changed.
假如你有上呼吸道感染，請告訴醫生。手術日期或者需要更改。

After the Procedure 手術後須知

1. You can expect mild discomfort at the back of the nose and nasal stuffiness
手術後鼻後部可能出現輕微不適和鼻塞
2. Small amount of blood stained saliva or nasal discharge is normal
唾液或鼻水出現少量血絲乃屬正常
3. Can go home the next day or two
手術後第二或第三日可出院返家
4. Please attend the nearest emergency department when you have persistent bleeding from nose or mouth
假如鼻孔或口腔持續出血，請前往就近急症室求診

Alternative Treatment 其它治療方法

1. Medical treatment
藥物治療
2. Expectant treatment
觀察病情進展, 再作打算

Consequences of No Treatment 不治療的後果

Persistent symptoms or progression of disease
症狀繼續存在或進展

Follow Up 手術後跟進

See the doctor as scheduled
請依約期覆診

Remarks 備註

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor.

本單張只提供有關手術的基本資料，可能發生的風險或併發症不能盡錄。某類病人的風險程度亦為不同。如有查詢，請聯絡你的醫生。