

Open Nasal and Sinus Surgery 鼻及鼻竇手術

Introduction 簡介

Remove disease in the nose and sinuses to obtain drainage of paranasal sinuses by open external approach with facial incision

通過面部切口，去除鼻及鼻竇疾病，建立鼻竇引流。

Indications 適合病症

1. Acute / chronic sinusitis
急性／慢性鼻竇炎
2. Nasal Polyposis
鼻息肉
3. Tumours
腫瘤
4. Mucocele
黏液囊腫
5. Osteoma
骨瘤
6. Provision of access to the following structures: ethmoidal artery, orbit content, skull base, pituitary gland
通往以下結構：篩動脈、眶內物、顱底、腦下垂體

Intended Benefits and Expected Outcome 預期結果

1. Improve nasal symptoms such as obstruction, post-nasal dripping, facial pain, headache etc
改善鼻塞、後鼻漏、面部疼痛、頭痛等問題
2. Prevent complications of sinusitis
預防鼻竇炎的併發症
3. Remove tumour. Reduce bleeding and obstruction caused by the tumours
摘除腫瘤，減少腫瘤引致的出血及阻塞
4. There is chance of incomplete relief of symptoms and recurrence
可能不會完全減輕症狀及有可能復發

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

1. Nasal disease not attributed by the nasal sinus
非鼻竇引致的鼻腔問題
2. Extensive local disease that has involved the vital structures around the nasal sinus or could not be removal completely
病灶蔓延至鼻竇周圍的重要結構，或不能完全摘除
3. Distant metastasis
遠處轉移

The Procedure 手術過程

1. The procedure is usually carried out under general anaesthesia
手術一般以全身麻醉進行
2. Incision is made in the face in the groove between the eye and the nose and/or along the side of the nose
切開面部眼鼻溝及/或鼻側處的皮膚
3. Swing open soft part of the nose
翻開鼻的柔軟部分
4. May remove part of the nasal bone to access the tumour
可能會切除部分鼻骨以到達腫瘤位置
5. Open the diseased sinuses
打開有病變的鼻竇
6. Remove diseased sinuses tissues
切除有病變的鼻竇組織
7. Close the wound with a drain tube in place
縫合傷口時或會放置引流管

Risk and Complication 手術風險和併發症

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 常見風險和併發症(≥1% risk/風險)

1. Nasal bleeding
鼻膜出血
2. Infection
感染
3. Synechia
鼻腔黏連
4. Webbing of incision
傷口結疤
5. Paresthesia
麻痺
6. Recurrence of the disease
復發

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

1. Severe bleeding due to injury of internal carotid artery, anterior and posterior ethmoidal arteries
因頸內動脈、篩前動脈和蝶腭動脈受損引致嚴重出血
2. Eye injury including bruising, emphysema, orbital haematoma / abscess, visual loss, diplopia.
眼損傷，包括眶周淤血、眼球血腫或膿腫、失明、重影
3. Nasolacrimal duct injury leading to epiphora
淚管損傷，引致流淚
4. Frontonasal stenosis
額竇管狹窄
5. Mucocele

黏液囊腫

6. **Fistula formation**
裂隙
7. **Intra-cranial injury including CSF leak, meningitis, brain abscess, pneumocephalocele**
腦損傷，包括腦髓液鼻漏、腦膜炎、腦膿腫、腦氣腫
8. **Transient or permanent loss of smell sensation**
暫時或永久失去嗅覺
9. **Permanent facial numbness of the operated side (especially if coupled with medial maxillectomy) due to injury to the nerve that innervate the cheek.**
由於面頰神經線受損，接受手術(尤其同時進行內側上頷骨切除)的一邊臉永久麻痺
10. **The wound may become depressed (especially with excessive underlying bone removal) and the tip of the nose deviate toward the incision.**
傷口可能下陷(尤其當切除其下的骨)及鼻尖扯向傷口一方
11. **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

Before the Procedure 手術前準備

Patient should: 病人應該：

1. **Inform doctor of any medical condition e.g. diabetes mellitus, heart disease, hypertension and any regular medication, including herbs and dietary supplement.**
告知醫生其本身患有的其他疾病，如糖尿病、心臟病、高血壓及定時服用的藥物，包括中藥及保健食品
2. **Stop food and drink if needed as instructed by doctor or nurse**
遵從醫護人員指示，在需要時禁食
3. **Other special preparation or investigation before the procedure**
其他手術前準備或檢查

After the Procedure 手術後須知

1. **May need analgesic for pain or discomfort after the procedure**
手術後可能要服用止痛藥
2. **Sleep in slightly head up position may help reduce postoperative oedema**
睡覺時頭部略為墊高，有助減少手術後出現水腫情況
3. **Do not blow nose**
不應擤鼻

Alternative Treatment 其他治療方法

1. **Endoscopic surgery may be used for less extensive disease**
如病患範圍較小可進行內窺鏡手術
2. **Alternative non-surgical treatment may be feasible for certain diseases**
某些病況可用其他非手術進行治療

Consequences of No Treatment 不治療的後果

1. Persistent or progression of nasal symptoms
症狀持續或加重
2. Complication of sinusitis
鼻竇炎併發症

Follow Up 手術後跟進

1. Usually resume normal activity about 1 to 2 weeks after the procedure
通常可在手術後一至兩星期恢復正常活動
2. After the procedure, avoid rigorous exercise or contact sports for few weeks
在手術後數星期應避免進行劇烈運動或身體接觸類體育運動
3. Diet counselling or speech therapy may be needed for difficult chewing, swallowing or talking
如有咀嚼、吞嚥或說話困難，可能需要飲食輔導及言語治療
4. See the doctor as scheduled
依時覆診
5. Seek immediate medical attention if you have any excessive bleeding, collapse, severe pain, fever or signs of wound infection
如嚴重出血、虛脫、劇痛，發燒或有傷口感染跡象，應立即求醫

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。