

Septorhinoplasty 鼻及鼻中隔成形術

Introduction 簡介

Septorhinoplasty comprises of surgical procedures which correct the external nasal deformity and maintain nasal patency by means of straightening the nasal septum
鼻及鼻中隔成形術是利用手術矯正鼻畸形，並拉直鼻中隔，保持鼻腔通暢

Indications 適合病症

1. Congenital nasal deformity 先天鼻畸形
2. Acquired nasal deformity secondary to trauma, tumours or infection
創傷、腫瘤或感染引致的繼發性後天鼻畸形
3. For aesthetic improvement 進行鼻整形改善外觀

Intended Benefits and Expected Outcome 預期結果

1. Improvement of the external appearance of the nose in a congenital or acquired nasal deformity
為先天或後天的鼻畸形患者改善鼻形
2. Improvement of the nasal airway in a congenital or acquired nasal deformity
為先天或後天鼻畸形患者改善鼻腔通氣
3. Realistic aesthetic improvement with clearly established surgical objectives as discussed with your surgeon pre-operatively
按手術前與外科醫生訂定的手術目標，改善鼻的外觀
4. Reconstruction of the nose in the rare situation of complete loss of nasal skeleton
因罕見地完全失去鼻骨而重新造鼻

The Procedure 手術過程

1. Make incision outside or inside the nose
切開鼻內外皮膚
2. Remove deformed nasal bone or cartilage
切除畸形鼻骨或軟骨
3. Implant cartilage harvested from other part of the body if needed
如有需要可植入取自身體其他部分的軟骨
4. Implants may be used to shape the nose
可使用植入物塑造鼻形

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 常見副作用和併發症

1. Mild bleeding 輕微出血
2. Pain which is usually minor and alleviable 感到痛楚，但一般屬輕微及可以紓緩

3. Harvest site pain, haematoma, infection and deformity
切取軟骨部位有痛楚、血腫、感染及變形
4. Nasal obstruction which usually improves within the first week
出現鼻塞，但通常在一星期內改善
5. Rhinitis which can last up to 8 weeks 持續至 8 星期的鼻炎
6. Periorbital and upper cheek bruising due to osteotomies which will settle within 3-4 weeks
因截骨導致眼眶周及上頰瘀傷，但會在 3 至 4 星期內消退
7. Mild residual nasal deformity 輕微殘餘鼻畸形

Uncommon Risks and Complications 不常見的風險和併發症

1. Severe bleeding 嚴重出血
2. Septal haematoma 鼻中隔血腫
3. Infection involving the nasal septum 鼻中隔感染
4. Septal perforation 鼻中隔貫穿
5. Infection and extrusion of implanted materials from external skin wound or inside the nose
感染或植入物從皮外傷口或鼻內擠出
6. Persistent nasal obstruction 持續鼻塞
7. Nasal adhesions 鼻腔黏連
8. Allergic reaction to tapes or splint materials 膠布或紮帶過敏反應

Uncommon Risks with Serious Consequence 不常見的嚴重風險或併發症

1. Severe nasal deformity: saddle nose, columellar retraction with nasal tip saddling
嚴重鼻畸形：鞍鼻、鼻樑下陷及鼻扁塌
2. Loss of smell 失去嗅覺
3. Cerebrospinal fluid leak 腦脊液漏
4. Toxic shock syndrome 中毒性休克綜合症
5. Death due to serious surgical and anaesthetic complications
由於手術及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 postoperative pain or discomfort
手術後可能需要服用止痛藥
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. Acceptance of nasal deformity and, hence, no treatment. 接受鼻畸形，不作治療
2. Medical treatment to improve the nasal airway 使用藥物以改善鼻氣道

Consequence of No Treatment 不治療的後果

1. Persistent nasal deformity 持續鼻畸形
2. Persistent nasal obstruction 持續鼻塞

Follow Up 手術後跟進

1. Usually resume normal activity after 1 to 2 weeks
通常可在一至兩星期後恢復正常活動
2. Nasal irrigation or salt water spray may be needed
或需用洗鼻器或鹽水噴鼻器洗鼻
3. Cleansing dry clot, mucus crust by doctor may be required at follow ups
覆診時或需由醫生清理凝血及乾硬黏液
4. 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。