

## **Thyroglossal Duct Cyst Excision (Sistrunk Operation) 甲狀舌管囊腫及瘻管切除術**

### **Introduction 簡介**

To excise the thyroglossal duct cyst, thyroglossal duct and body of hyoid  
切除甲狀舌管囊腫, 瘻管及舌骨

### **Indications 適合病症**

1. Thyroglossal duct cyst 甲狀舌管囊腫
2. Thyroglossal duct fistula 甲狀舌管瘻管

### **Intended Benefits and Expected Outcome 預期結果**

1. Complete removal of thyroglossal duct cyst and fistula 完全切除甲狀舌管囊腫及瘻管
2. There is chance of incomplete removal of disease 有可能不能全部清除

### **The Procedure 手術過程**

1. Make skin incision in the front of the neck  
切開頸前部皮膚
2. Separate tissues, blood vessels and nerve to access the thyroglossal duct, cyst and hyoid bone  
撥開組織、血管、神經線等以辨認甲狀舌管囊腫、瘻管及舌骨
3. Remove thyroglossal duct and cyst including the body of hyoid bone  
切除全部甲狀舌管囊腫、瘻管及舌骨等
4. A drainage tube may be inserted  
如有需要, 放入引流管以去除血水
5. Close the wound  
縫合傷口

### **Risk and Complication 手術風險和併發症**

There are always certain side effects and risks and 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. Recurrence 復發

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

1. Scar problem 皮痂問題
2. Pharyngocutaneous fistula 咽喉瘻
3. 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. Neck wound dressing and drainage tube may be in place  
手術後頸部傷口會有敷料及引流管等
2. May need analgesic for pain and discomfort after the procedure  
手術後可能要服用止痛藥
3. Lie in a slightly head up position  
卧床時頭部應略為墊高

### **Alternative Treatment 其他治療方法**

1. Conservative management 保守治療

### **Consequences of No Treatment 不治療的後果**

1. Infection 感染
2. Fistula 瘻管

### **Follow Up 手術後跟進**

1. Take medication and see the doctor as instructed  
請遵從醫生指示，定時服藥及覆診
2. Resume normal activities if there is no more neck pain and after medical assessment  
經醫生評估後，如再無頸部疼痛可恢復正常活動
3. Keep the wound clean and dry, avoid excessive head and neck movement  
保持傷口清潔乾爽，避免作劇烈頭頸部運動
4. Seek medical attention at the nearby emergency department or the related ENT clinic if you have fever, shortness of breath, marked neck pain, swelling or bleeding  
如有發燒、呼吸困難、頸部傷口劇痛、腫脹或流血不止等，應即到就近急症室或於辦公時間回耳鼻喉科門診部診治

### **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。