

Information for Consent

Uvulopalatopharyngoplasty (UPPP) / Laser-assisted Uvuloplasty (LAUP)

垂腭咽成型術 / 激光輔助腭咽成型術

Introduction 簡介

1. Reduction/Resection of soft palate and uvula; plus resection of tonsils (UPPP)
懸壜垂, 軟腭及扁桃體切除
2. Laser surgery on soft palate and uvula (LAUP)
激光手術輔助腭咽成型

Indications 適用情況

1. Obstructive sleep apnea syndrome (OSAS)
阻塞性睡眠窒息症
2. Snoring
鼾症

Intended Benefits and Expected Outcome 預期結果

1. Relieve sleep apnea
減少睡眠窒息
2. Reduce snoring
減少打鼾
3. There is a chance of incomplete relief of symptoms or recurrence after initial improvement
有機會不能完全緩解病癥和有可能復發

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

Airway obstruction at levels other than the velopharynx during sleep
非腭咽 狹窄引致的睡眠時氣道阻塞

The Procedure 手術過程

The operation is done under local or general anaesthesia. Part of the soft palate is removed through the mouth with or without removal of the tonsils.

手術會在全身或局部麻醉下進行。醫生會經口腔切除部份軟腭組織，同時或會一併切除扁桃體。

Risk and Complication 手術風險或併發症

There are always certain risks and complications of a surgical procedure. Our medical staff will take every preventive measure to reduce the risk of complications.

手術會有風險和可能有併發症，醫務人員將盡力減少發生併發症的機會和風險。

Common Risks and Complications 常見風險或併發症 ($\geq 1\%$ risk/風險)

1. Pain
疼痛
2. Bleeding
出血
3. Throat discomfort and post-nasal dripping
喉部不適和後鼻漏

4. Infection

感染

5. Risk of laser

使用激光有關的併發症

Uncommon Risks with Serious Consequences 不常見的風險或嚴重併發症 (<1% risk/風險)

1. Velopharyngeal insufficiency causing nasal regurgitation of food and water during eating, and voice change

腭咽閉合不良，引致進食和喝水時液體返嗆、發音改變

2. Pharyngeal stenosis causing breathing difficulty, snoring, sleep apnea and voice change

腭咽狹窄引致呼吸困難、打鼾、睡眠窒息和發音改變

3. Airway obstruction and respiratory distress

氣道阻塞和呼吸困難

4. 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

Inform your doctor of any medical condition and medications you are taking. Medications may need to be adjusted as appropriate.

請告訴醫生你的健康狀況及服藥情況。可能需要對藥物作恰當的增減。

After the Procedure 手術後須知

1. You will have sorethroat and some swallowing difficulty after the operation which will last for a few days.

手術後幾日內，你會有喉痛及少許吞嚥困難。

2. A small amount of blood – stained saliva is common. However, if you experience persistent bleeding from the mouth or severe sorethroat, you must attend the nearby emergency department.

唾液小量帶血乃是常見。假如口腔持續出血或嚴重喉痛，請立即前往就近急症室求診。

Alternative Treatment 其它治療方法

1. Nasal continuous positive airway pressure (CPAP) device

正壓呼吸機

2. Oral / dental appliances for obstructive sleep apnea syndrome

治療阻塞性睡眠窒息症的口腔裝置或齒科裝置

3. Other palatal procedure

其它腭手術

Consequences of No Treatment 不治療的後果

1. Persistent snoring

鼾聲持續存在

2. Risk of complications of obstructive sleep apnea

阻塞性睡眠窒息症的併發症

Follow Up 手術後跟進

See the doctor as scheduled

請依約覆診

Remarks 備註

This is general information only and the list of complications is not exhaustive. Other unforeseeable complications may occasionally occur. Actual risk may be different in specific patient groups. For further information please contact your doctor for details.

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會不同。如有查詢，請聯絡你的醫生。