

Information for Consent **Inferior Turbinate Reduction 下鼻甲減容術**

Introduction 簡介

Transnasal resection of inferior turbinates
切除下鼻甲

Indications 適用情況

Hypertrophic inferior turbinates causing nasal obstruction
下鼻甲肥大引致的鼻塞

Intended Benefits and Expected Outcome 預期結果

1. Reduce nasal obstruction
緩解鼻塞
2. There is chance of incomplete relief of nasal obstruction and recurrence
有機會不能完全改善鼻塞和有可能復發

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

Nasal obstruction not chiefly caused by hypertrophic inferior turbinates
非下鼻甲肥厚引致的鼻塞

The Procedure 手術過程

The enlarged inferior turbinates will be partially excised to improve the nasal patency
醫生會以手術儀器經鼻孔切除部份鼻腔內肥大的下鼻甲

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. Persistent nasal obstruction
持續鼻塞
3. Infection
感染
4. Intranasal adhesion
鼻腔粘連
5. Crusting (transient)
暫時痂皮

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

1. Atrophic rhinitis
萎縮性鼻炎
2. Injury to Eustachian tube
咽鼓管損傷

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

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。藥物可能需作恰當的增減。

After the Procedure 手術後須知

1. Nasal packs will be inserted into the operated side or both sides; you may have to breathe through the mouth. The nasal packs will be removed after one or two days.
手術後兩邊鼻孔都會塞入鼻敷料，所以你可能要用口呼吸，敷料會於一至兩日後取走。
2. There may be mild bleeding after the packs are taken off, which usually stops naturally.
取走敷料後可能有輕微出血，但通常都會自行止血。
3. You can go home after the packs are removed. Small amount of blood stained nasal discharge is normal. You may also have nasal stuffiness. If you encounter persistent bleeding, please attend the nearby emergency department.
敷料取走後，你可以出院回家。鼻水帶有小量血絲乃正常現象。你亦可能感到鼻塞。假如流血持續不止，請前往就近的急症室求診。

Alternative Treatment 其它治療方法

Medical treatment

藥物治療

Consequences of No Treatment 不治療的後果

Persistent nasal obstruction

持續鼻塞

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。