

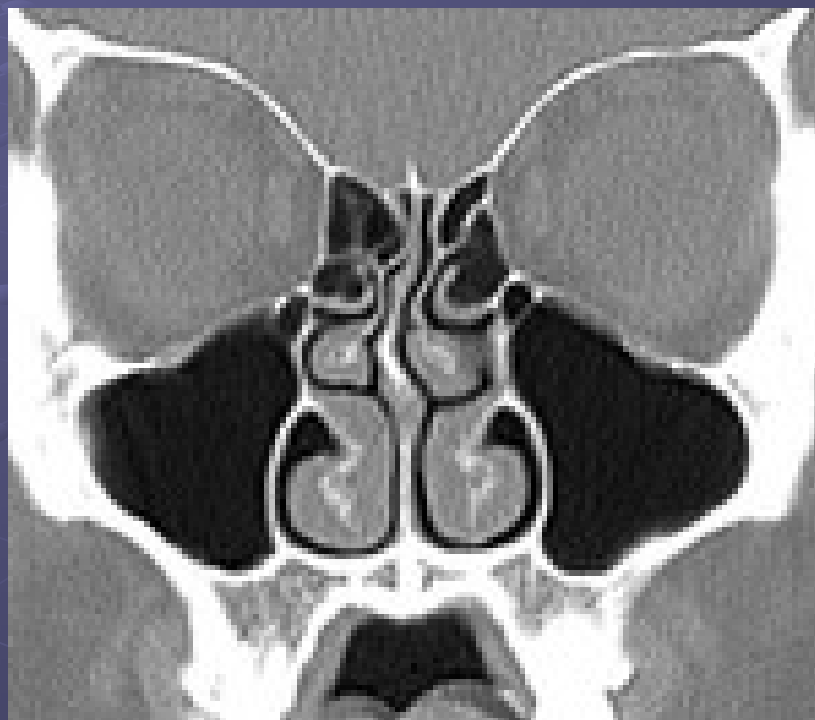
鼻塞及打鼾無線電波治療

黃志維醫師

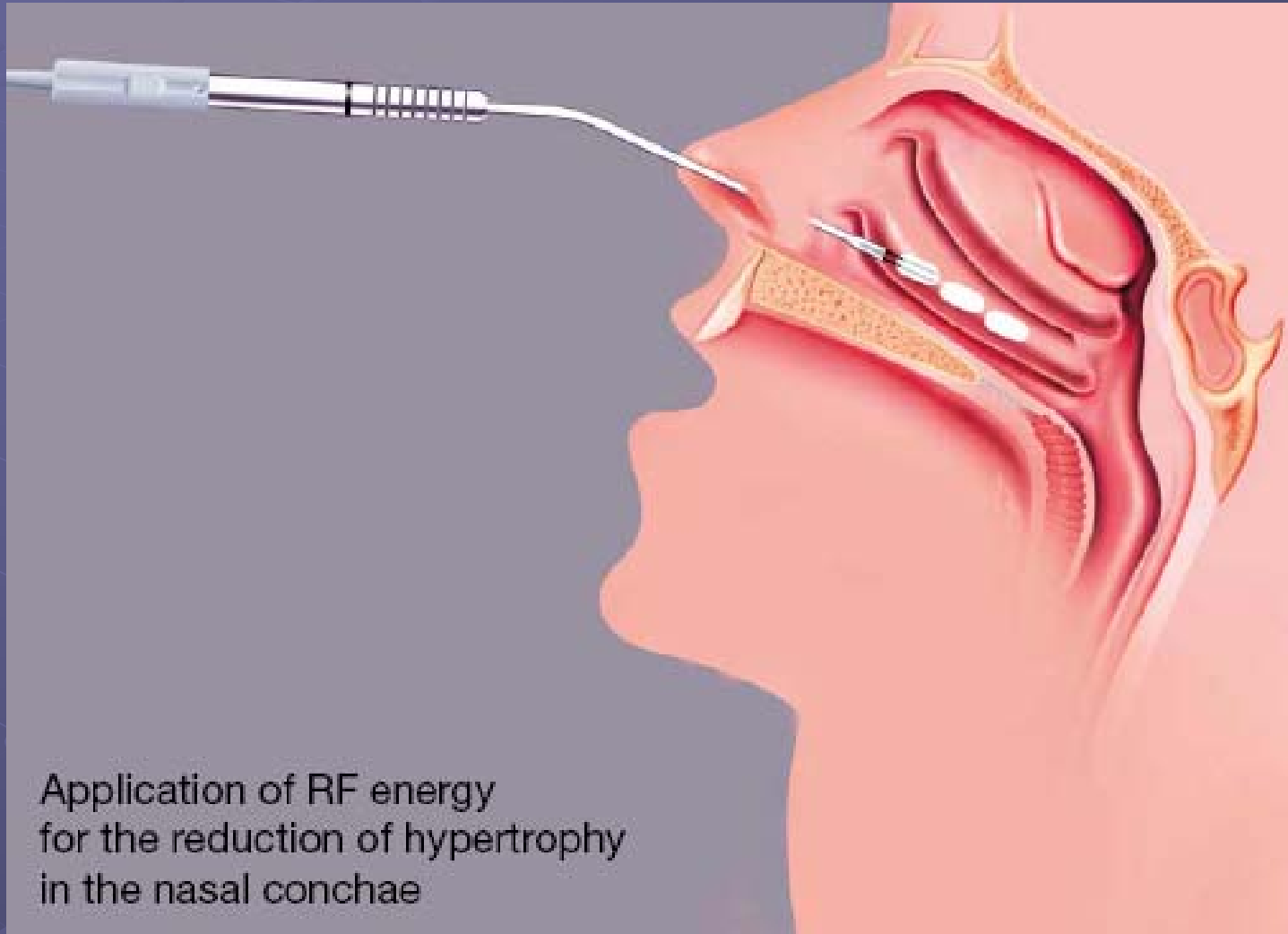
黃志維耳鼻喉科診所

鼻塞無線電波治療

- 慢性肥厚性鼻炎
- 血管運動性鼻炎
- 過敏性鼻炎
- 老年性鼻炎



鼻塞無線電波治療



Application of RF energy
for the reduction of hypertrophy
in the nasal conchae

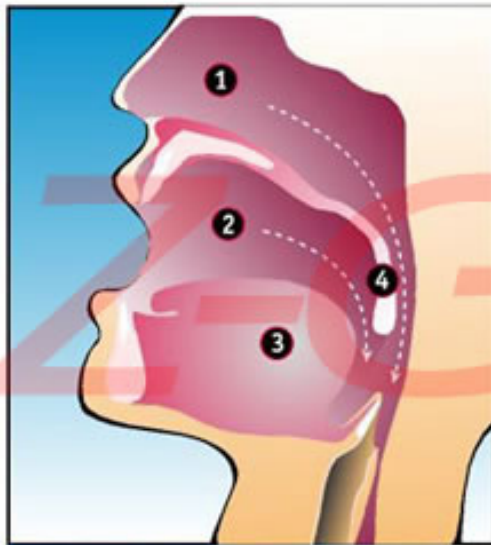
鼻塞無線電波治療術後注意事項

- 手術後前1-2週由於傷口腫脹會有輕微鼻塞、流鼻涕，可藉由鼻腔溫鹽水沖洗來緩和症狀
- 手術後前1-2週可能鼻涕或痰會有一點血絲這是正常現象，盡量多休息再觀察即可
- 手術後前三天不要用力擤鼻涕、挖鼻孔，不要做劇烈運動
- 飲食盡量清淡，不要吃太燙、太補的食物

打鼾無線電波治療

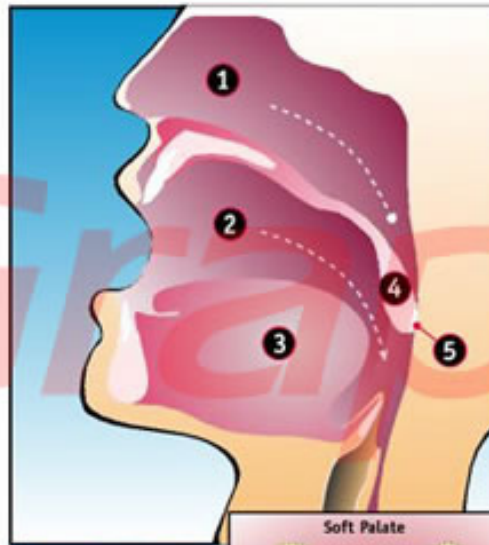
- 單純性打鼾
- 打鼾合併輕度睡眠呼吸中止症候群

Snoring and Sleep Apnea



Normal Airway

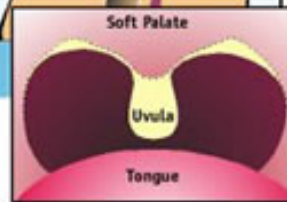
upper airway anatomy
Nasal and Oral Airways are open.



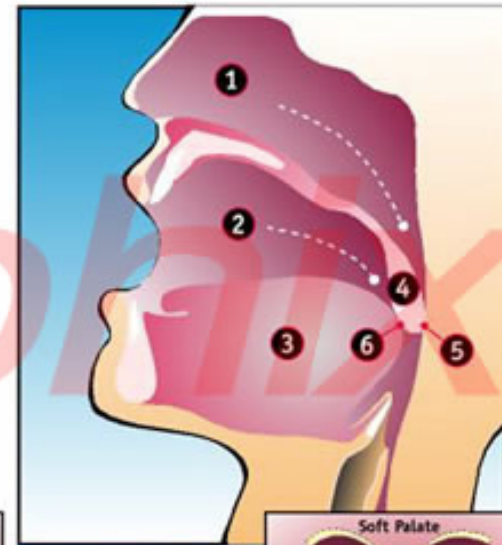
Snoring

caused by
Uvula/Soft
Palate blockage

Uvula and Soft Palate
(4) collapse against rear
wall of throat (5). Oral
airway (2) remains open.



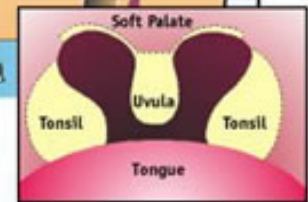
tissue removal



Sleep Apnea

caused by total
upper airway
blockage

Both Nasal Airway
(1) and Oral Airway
(2) close. Breathing
stops completely.
Blood oxygen levels
decrease. (see figure 1)

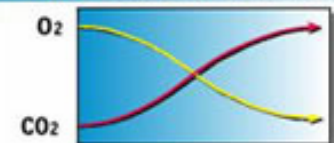


tissue removal

Legend

1. - Nasal Airway
2. - Oral Airway
3. - Tongue
4. - Uvula/Soft Palate
5. - Soft Palate/Pharynx Obstruction
6. - Oral Airway Obstruction

Blood Chemistry Changes



As breathing stops, O₂ levels drop
and CO₂ levels increase, causing
possible serious health risks.

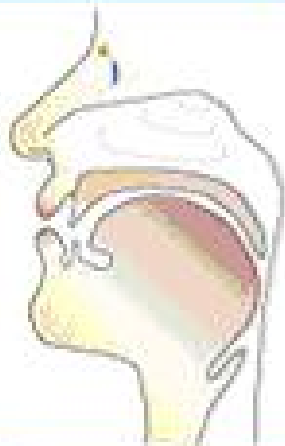
打鼾及睡眠呼吸中止症候群治療

- 減重
- 戒煙、戒酒
- 好的睡眠習慣、睡覺姿勢
- 帶牙套、舌頭牽引器
- 連續正壓呼吸器
- 手術治療

牙套



牙套

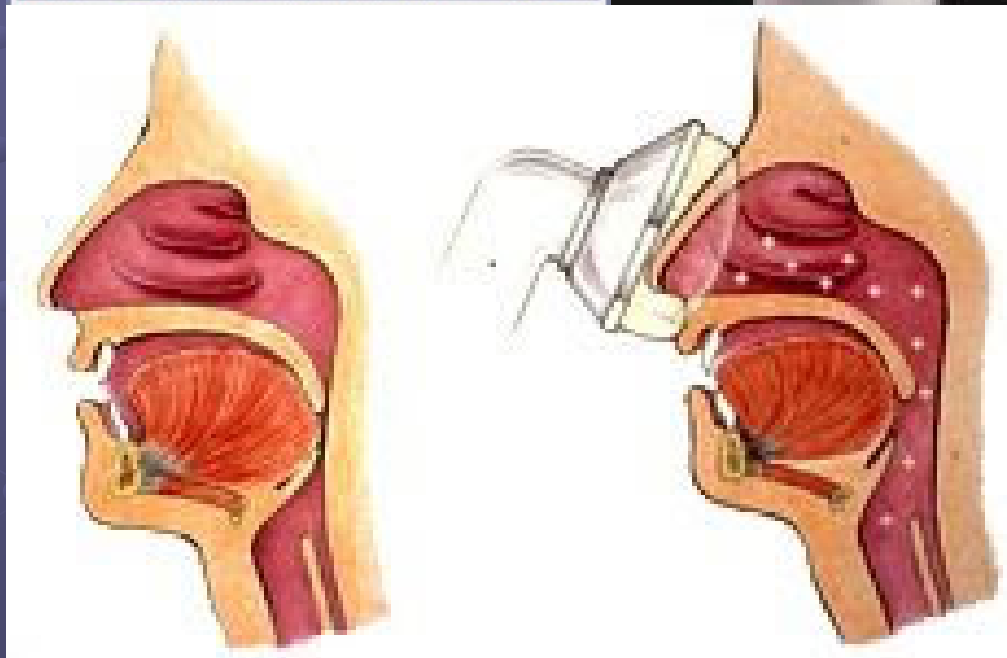


Airways
(pharynx)
during
snoring



Airways
with
Sleep Pro
in place

連續正壓呼吸器



打鼾及睡眠呼吸中止症候群手術治療

● 鼻部

● 口咽部

無線電波軟顎體積縮小術

微創懸壅垂軟顎成型術

雷射懸壅垂軟顎成型術

懸壅垂顎咽成型術

● 下咽部

部分舌切除術

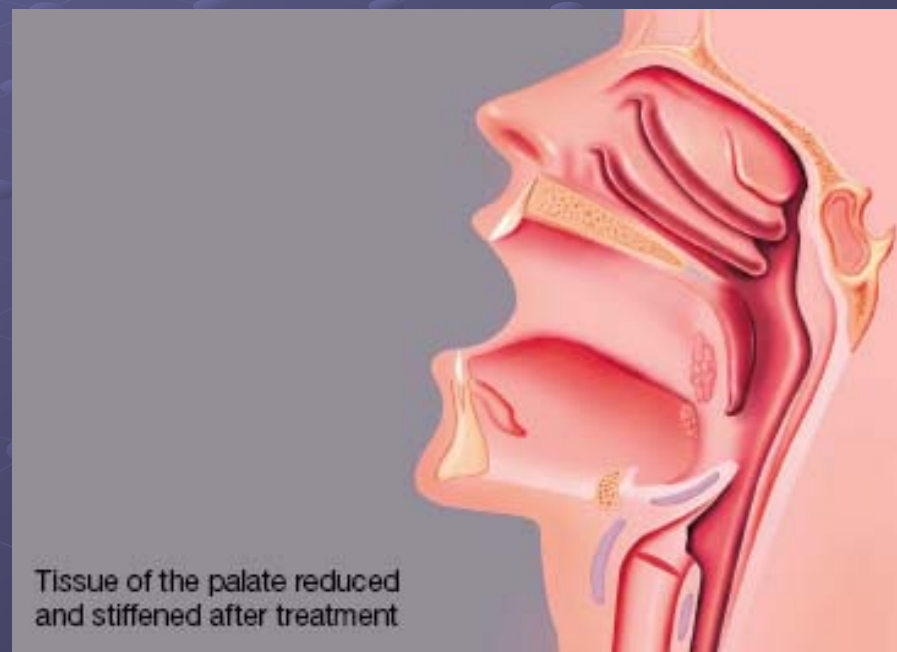
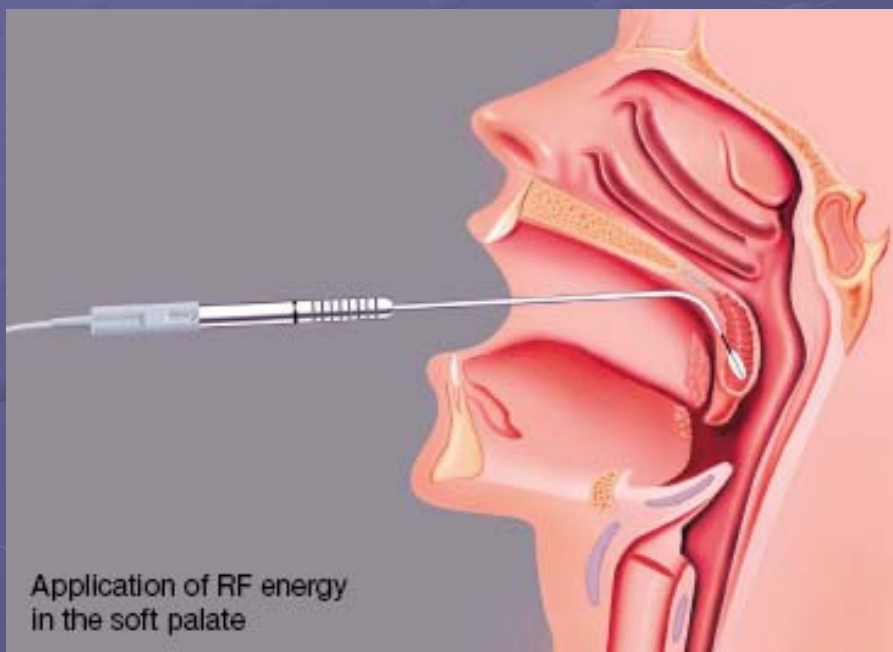
無線電波舌根體積縮小術

下顎骨切開舌頭前移術

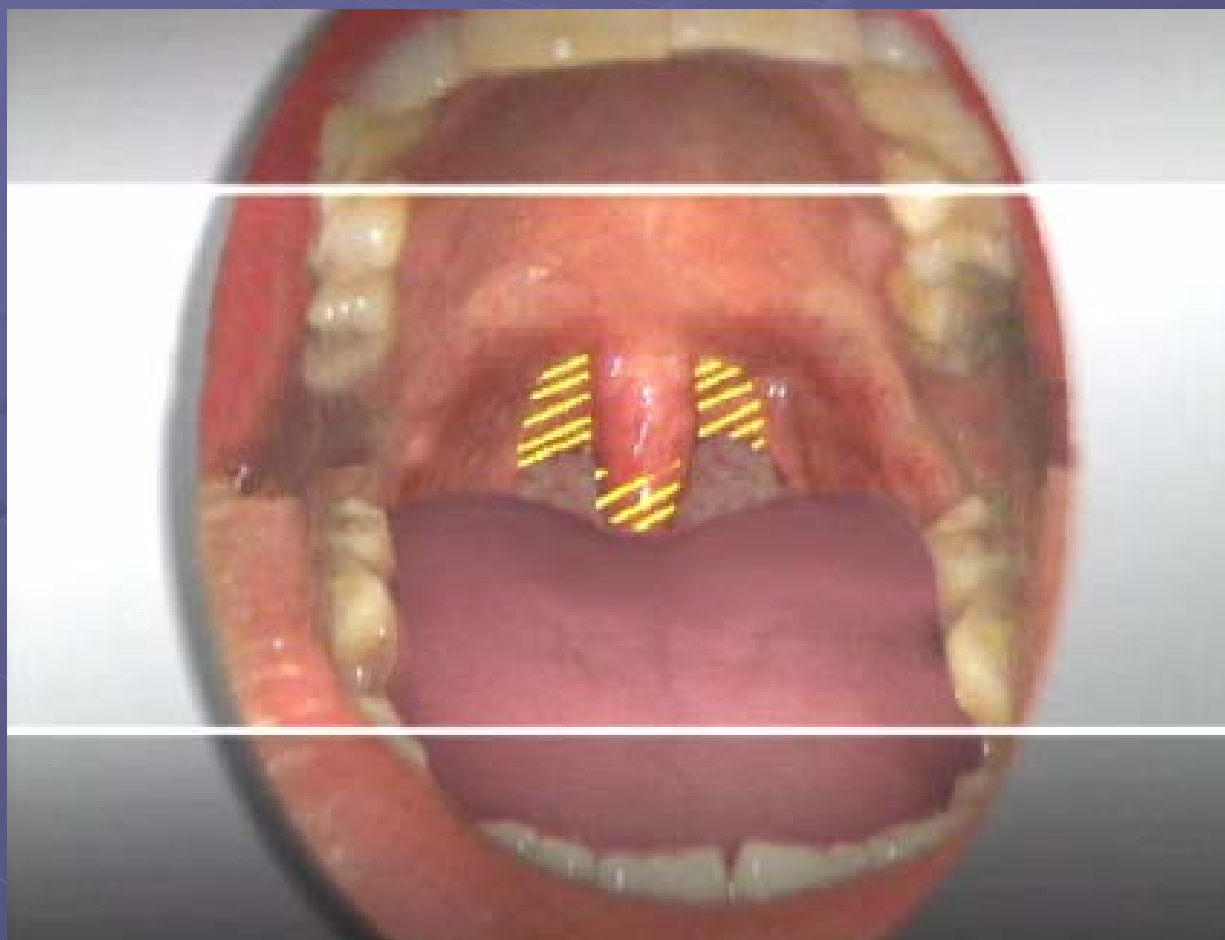
舌骨懸吊術

上下顎前移術

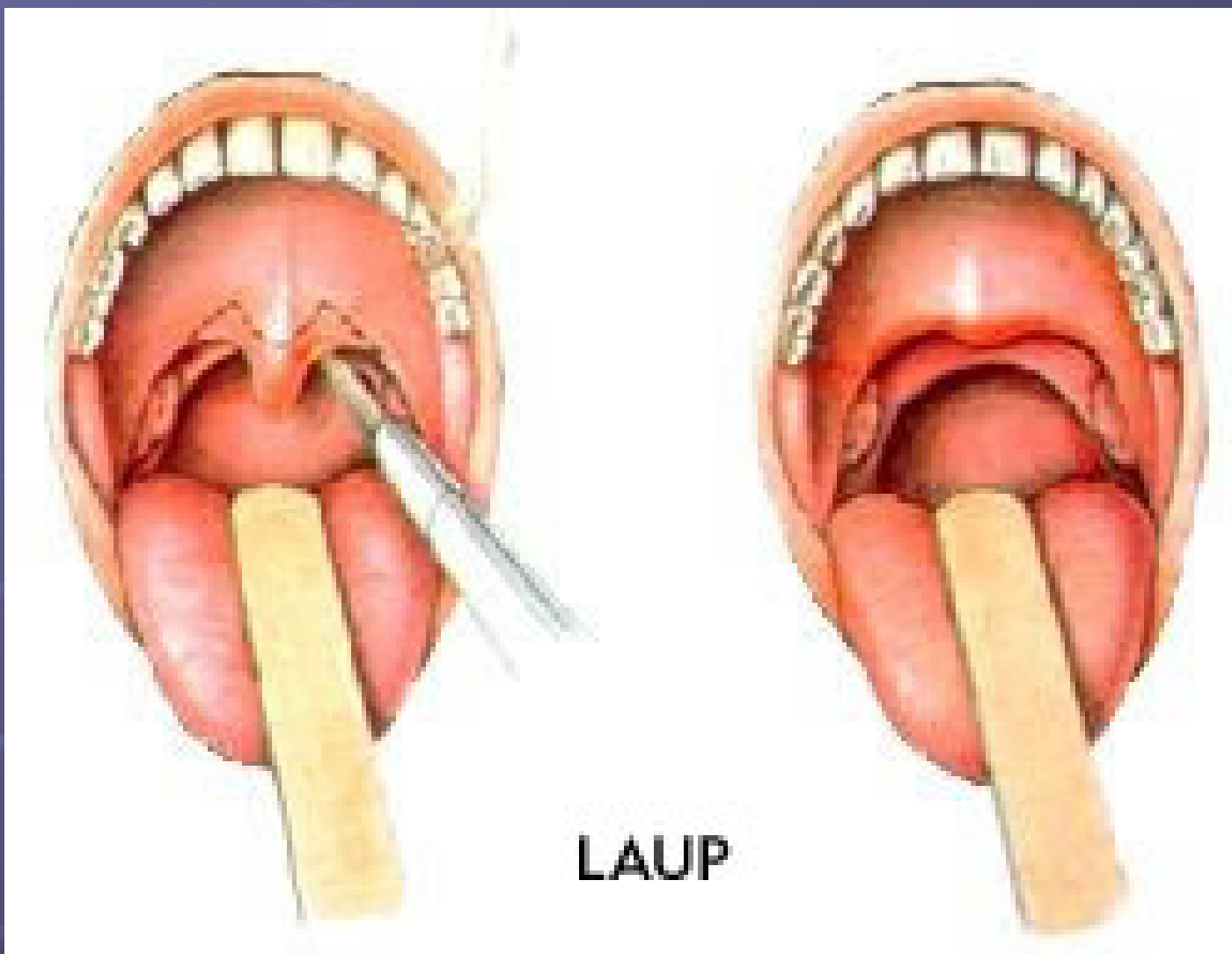
無線電波軟顎體積縮小術



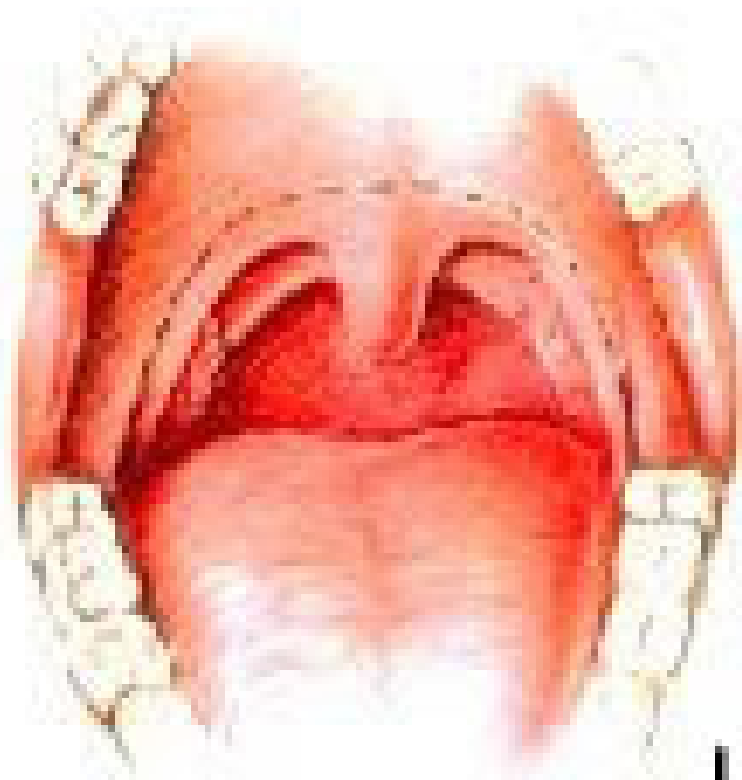
微創懸壅垂軟顎成型術



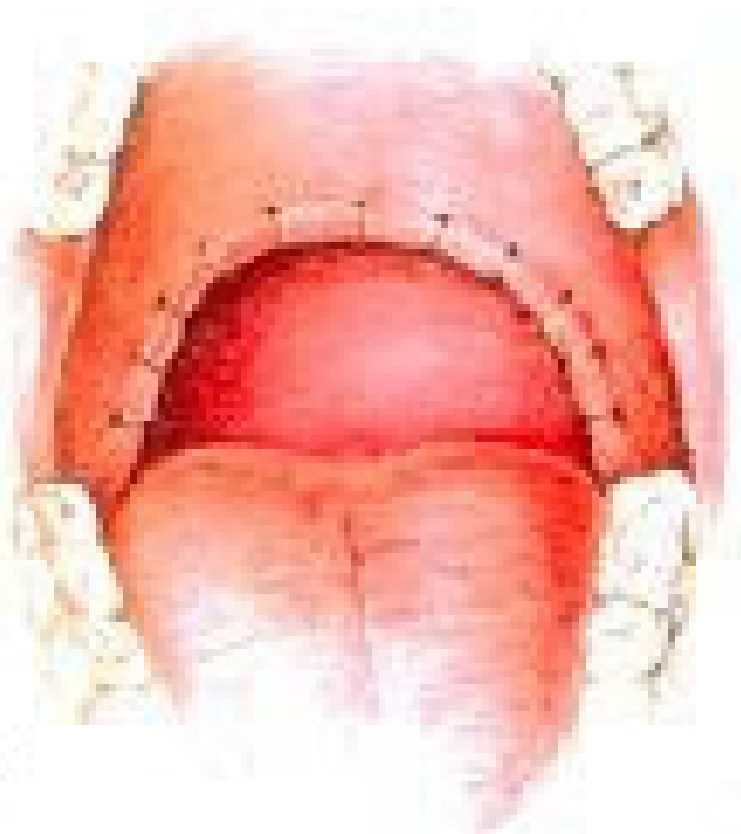
雷射懸壅垂軟顎成型術



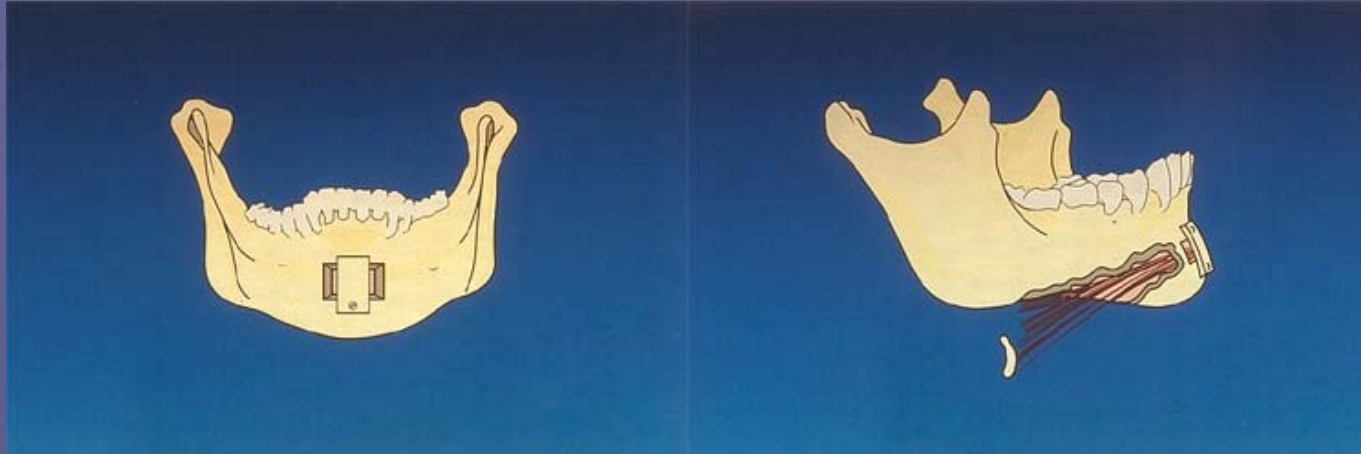
懸壅垂顎咽成型術



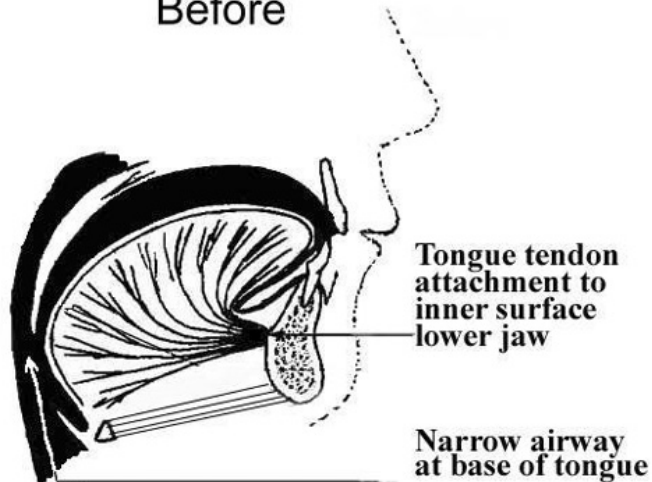
UPPP



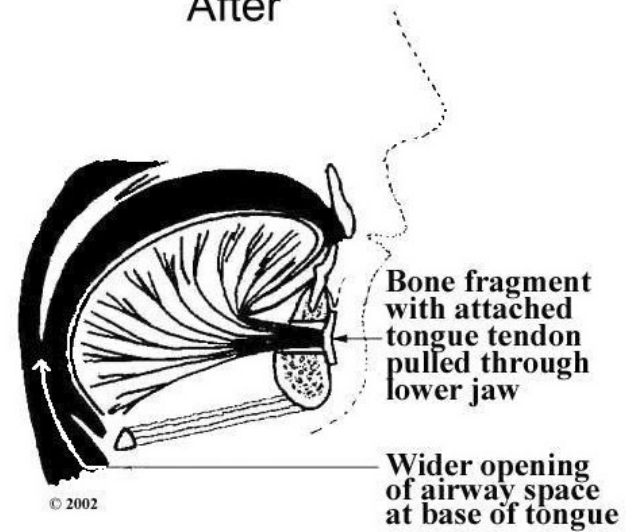
下顎骨切開舌頭前移術



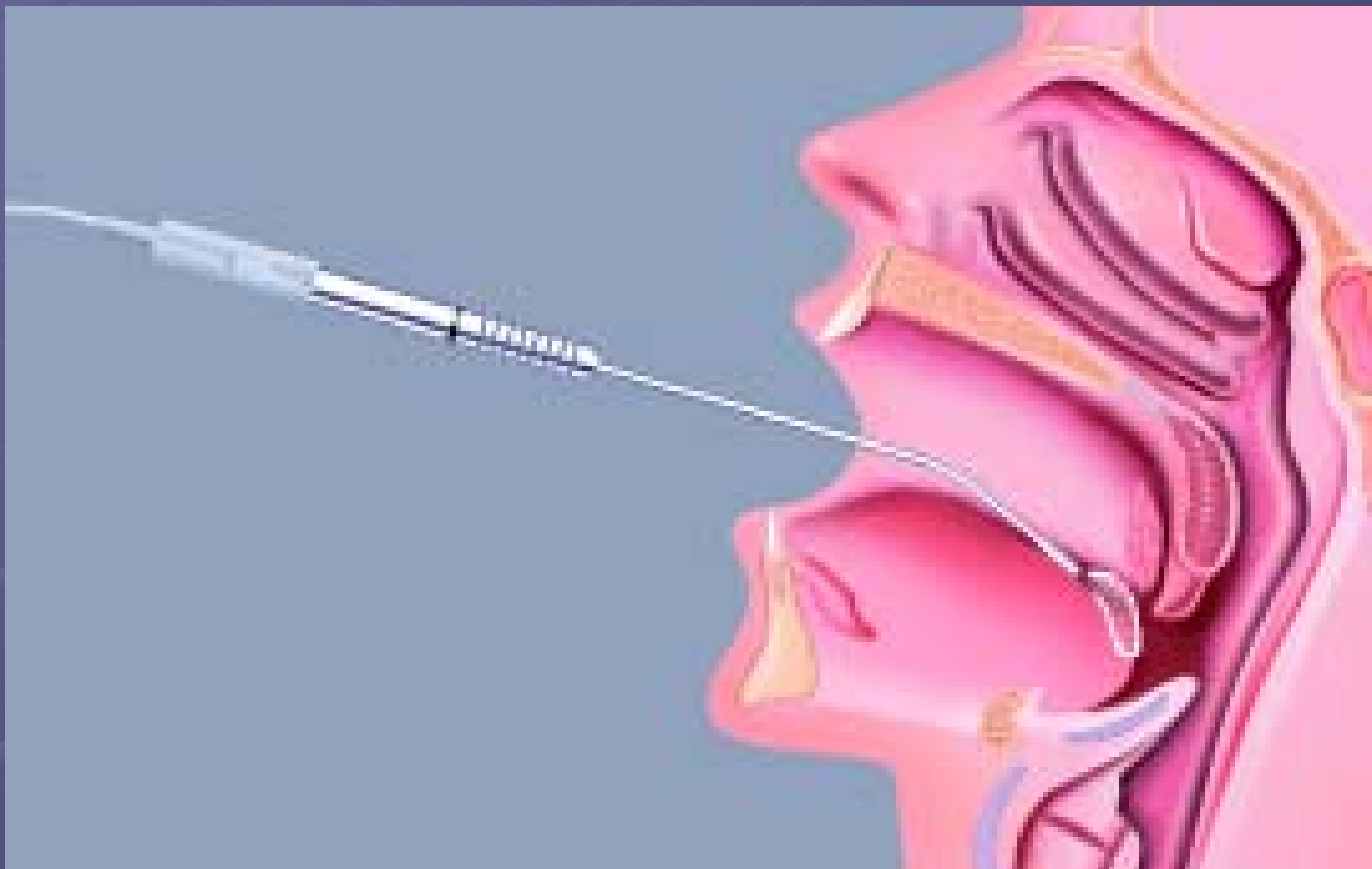
Before



After



無線電波舌根體積縮小術



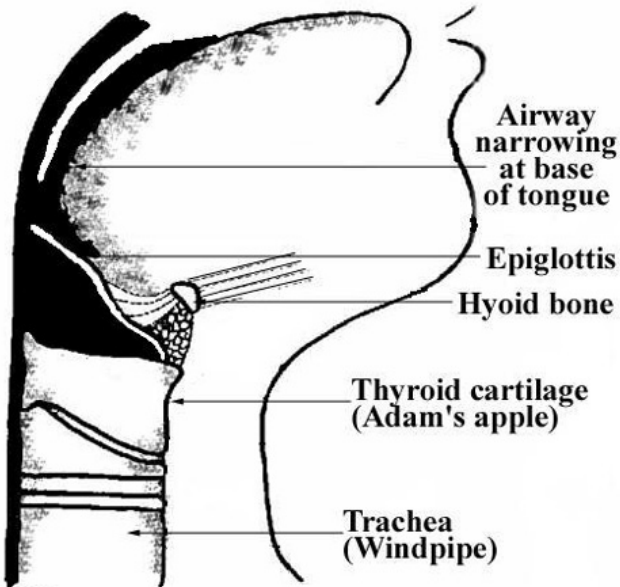
舌骨懸吊術



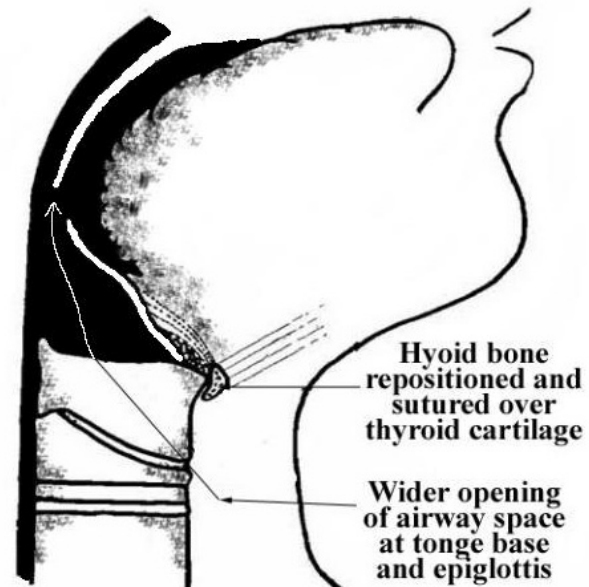
Before



After

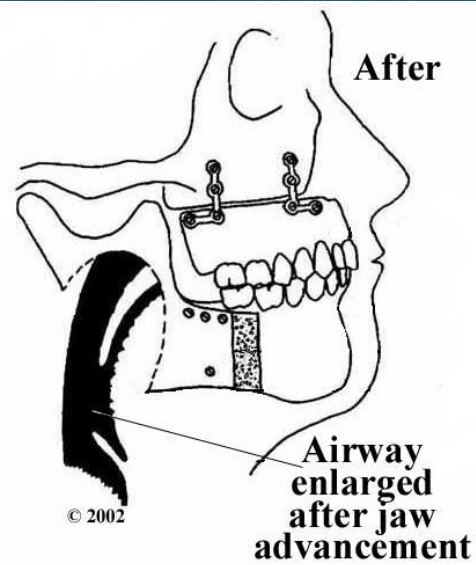
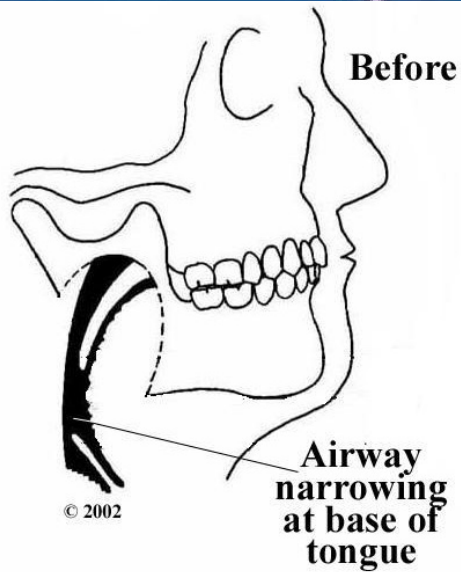
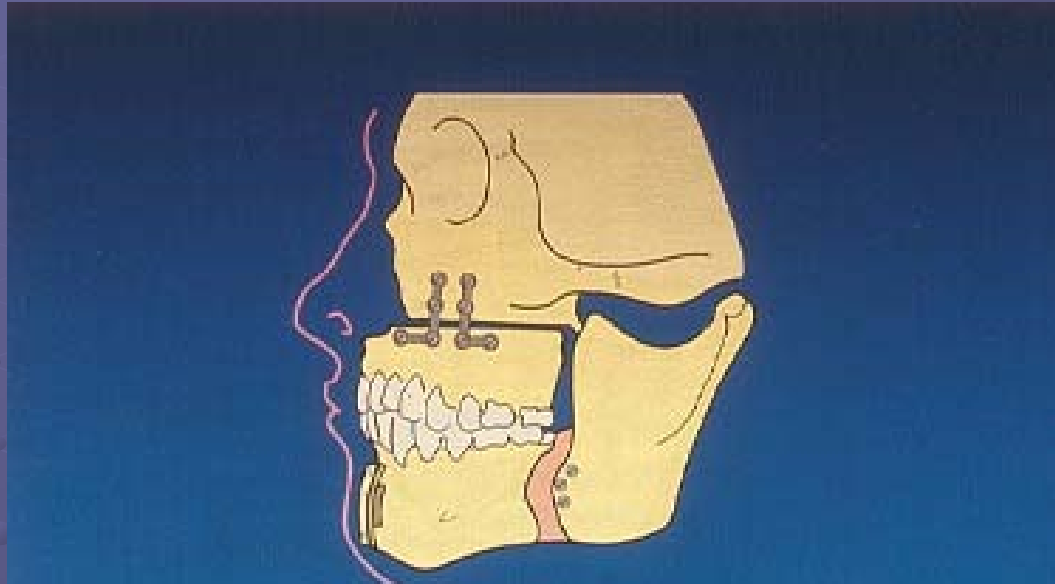


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上下顎前移術



打鼾無線電波術後注意事項

- 手術後前3天吃較軟的食物。若接受微創懸雍垂成型術前3天吃流質食物，接下來7天吃較軟的食物。飲食盡量清淡，不要吃太燙、酸、辣、油炸類食物
- 手術後前1週由於傷口腫脹，可能會有輕微吞嚥困難、打鼾聲比原來還大，這是正常現象。待傷口消腫後即會改善