

## 什麼是功能性鼻整形 CAUSES OF FUNCTIONAL RHINOPLASTY

長期受鼻塞之苦，可導致睡眠呼吸困難、日間精神不振。如患者試過服用藥物後果不明顯、鼻塞情況嚴重困擾日常生活，建議尋求專業醫療協助，找出病因並進行治療。

功能性鼻整形主要用以改善因鼻部結構問題所導致的鼻腔功能受阻（如鼻塞、呼吸不順的情況），同時調整鼻部外觀。

手術包括矯正內部結構問題，如鼻中隔彎曲、下鼻甲肥大等、鼻閥狹窄或塌陷，並可透過軟骨移植或骨骼調整來改善鼻樑、鼻頭形狀，以達到暢通呼吸。

Long-term suffering from nasal congestion can lead to sleep-disordered breathing and daytime fatigue. If patients find that medications provide little relief and that nasal congestion significantly disrupts their daily life, it is advisable to seek professional medical assistance to identify the underlying cause and receive appropriate treatment.

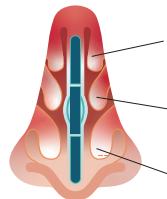
Functional rhinoplasty primarily aims to improve nasal cavity function that is hindered by structural issues, such as nasal congestion and difficulty breathing, while also enhancing the appearance of the nose.

The surgery includes correcting internal structural problems, such as a deviated septum, enlarged inferior turbinates, and narrowed or collapsed nasal valves. It may also involve cartilage grafting or skeletal adjustments to enhance the shape of the nasal bridge and tip, ultimately achieving unobstructed breathing.

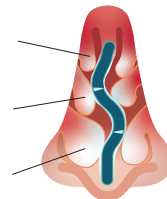


# 鼻塞與 功能性鼻整形 NASAL CONGESTION AND FUNCTIONAL RHINOPLASTY

正常鼻中隔  
NORMAL NASAL SEPTUM



彎曲鼻中隔  
DEVIATED NASAL SEPTUM



上鼻甲  
Superior Nasal Turbinate  
中鼻甲  
Middle Nasal Turbinate  
下鼻甲  
Inferior Nasal Turbinate

鼻中隔彎曲的各種狀態  
VARIOUS CONDITIONS OF  
DEVIATED NASAL SEPTUM



I 型彎曲  
I-shaped



S 型彎曲  
S-shaped



C 型彎曲  
C-shaped

下鼻甲肥大  
INFERIOR TURBINATE  
HYPERTROPHY



正常  
Normal



重度阻塞  
Obstructive

## 鼻塞診斷方法 DIAGNOSIS METHODS FOR NASAL CONGESTION

功能性鼻整形前的鼻塞診斷方法包括病史詢問、臨床檢查以及影像學檢查。必要時，也會安排過敏原測試，以確定鼻塞的確切原因，為後續手術提供精確的治療依據。

Before functional rhinoplasty, the diagnosis of nasal congestion includes a medical history inquiry, clinical examination, and imaging studies. If necessary, allergen testing may also be arranged to determine the exact cause of the congestion, providing precise treatment guidance for subsequent surgery.

### 1 病史詢問 MEDICAL HISTORY INQUIRY

醫生會詳細詢問您的鼻塞困擾、持續時間、嚴重程度、誘發因素，以及過往的鼻部疾病史、手術史和藥物使用史。

The doctor will ask detailed questions regarding your nasal congestion issues, including duration, severity, triggering factors, as well as your past history of nasal diseases, surgeries, and medication use.

### 2 臨床檢查 CLINICAL EXAMINATION

- **鼻內窺鏡檢查**：將內窺鏡置入鼻腔，直接觀察鼻腔結構和鼻竇的狀況，以確認是否鼻腔結構異常等問題。
- **鼻腔通暢度評估**：透過測量鼻腔內壓力與氣流，計算出客觀的鼻塞數值。
- **Nasal Endoscopy**: An endoscope is inserted into the nasal cavity to directly observe the structure of the nasal passages and the condition of the sinuses, confirming any structural abnormalities.
- **Nasal Patency Assessment**: This involves measuring the pressure and airflow within the nasal cavity to calculate an objective nasal congestion value.

### 3 影像學檢查 IMAGING STUDIES

**鼻竇電腦斷層掃描(CT)**：在需要時，CT掃描能提供詳細的鼻腔及鼻竇結構圖像。

**Sinus CT Scan**: When needed, a CT scan provides detailed images of the nasal cavity and sinus structures.

在特定情況下，可能還會用到X光或MRI來進一步評估鼻部結構。

In specific cases, X-rays or MRIs may also be used for further assessment of the nasal structures.



## 注意事項 REMARKS

在鼻子剛受重創時，不建議馬上進行結構手術，因為組織正處於發炎和腫脹期。必須等待其完全消炎消腫後，才能進行精準的評估和矯正。

這項手術是以手術方式矯正鼻子內部結構，以改善呼吸與外觀的整形術，對於因結構異常所導致的鼻塞、反覆鼻竇炎等症狀有顯著幫助。然而，如果鼻塞的根本原因是過敏或發炎，則需要同時進行藥物治療，兩者相輔相成，才能達到最好的治療效果。

It is not recommended to perform structural surgery immediately after the nose has been severely injured, as the tissues are in an inflamed and swollen state. It is necessary to wait until inflammation and swelling have completely subsided before conducting a precise assessment and correction.

This surgery corrects the internal structure of the nose through surgical means to improve both breathing and appearance. It can significantly help with symptoms such as nasal congestion and recurrent sinusitis caused by structural abnormalities. However, if the root cause of the nasal congestion is allergies or inflammation, medication treatment is also required. Both approaches complement each other to achieve the best treatment outcomes.

## 聯絡我們 Contact Us

中環 Central

香港中環皇后大道中9號26樓2601-04&06-08室  
Room 2601-04 & 06-08, 26/F, 9 Queen's Road Central,  
Central, Hong Kong

2530 0006 (專科中心) Specialist Centre)  
2155 2355 (普通科醫務中心) General Practice Clinic)  
2155 1321 (眼科中心) Eye Centre)

尖沙咀 Tsim Sha Tsui

九龍尖沙咀河內道5號晉基商業中心2樓及3樓A室  
2/F & 3A, Podium Plaza, No.5 Hanoi Road,  
Tsim Sha Tsui, Kowloon

2157 3840 (專科中心) Specialist Centre)  
3619 0835 (普通科醫務中心) General Practice Clinic)  
2157 3846 (女性健康中心) FemWell)

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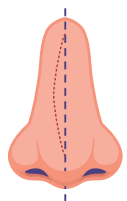


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## 功能性鼻整形方案 FUNCTIONAL RHINOPLASTY PROCEDURE

手術會在全身麻醉下進行，過程約需1.5至3小時。  
The surgery will be performed under general anesthesia and will take approximately 1.5 to 3 hours.

### 常見手術方法 COMMON SURGICAL METHODS



#### 鼻中隔矯正術 SEPTOPLASTY

經由鼻孔內的微創切口，將彎曲變形的鼻中隔軟骨和硬骨進行精準的移除或矯正，使其恢復到正中央的位置。

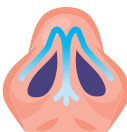
Through a minimally invasive incision inside the nostrils, the curved or deformed nasal septum cartilage and bone will be precisely removed or straightened to restore it to a central position.



#### 下鼻甲減容術 TURBINATE REDUCTION

針對過度肥大的下鼻甲，使用微創的射頻或動力旋轉刀等技術，在保留其正常功能的前提下，縮小其體積，以擴闊呼吸通道。

For overly enlarged inferior turbinates, techniques such as minimally invasive radiofrequency or powered rotary instruments will be used to reduce their size while preserving normal function, thereby widening the airway.



#### 鼻閥重建術 NASAL VALVE REPAIR

若診斷出鼻閥塌陷，醫生會利用從鼻中隔取下的部份自體軟骨，作為支撐移植物 (Graft)，加固脆弱的鼻閥結構，防止其在吸氣時塌陷。

If nasal valve collapse is diagnosed, the doctor will use a portion of self-harvested cartilage taken from the septum as a graft to reinforce the weak nasal valve structure, preventing collapse during inhalation.

## 術後護理事項 POST-OPERATIVE CARE INSTRUCTIONS

### 1 術後首週——休息與護理期 FIRST WEEK POST-OPERATION – REST AND CARE PERIOD

- **充分休息**：身體需要集中能量來進行組織修復。
- **傷口護理**：每天早晚使用無菌棉花棒沾取生理食鹽水，輕柔地清潔鼻孔邊緣的血痂和分泌物，然後塗上薄薄一層醫生處方的藥膏，預防感染。
- **飲食注意**：避免過熱、過硬或辛辣刺激的食物，它們會刺激鼻腔黏膜，導致充血和不適。
- **禁止動作**：不要 鼻涕和劇烈運動
- **Adequate Rest**: The body requires ample rest to focus energy on tissue repair.
- **Wound Care**: Gently clean the scabs and secretions at the edges of the nostrils with a sterile cotton swab dipped in saline solution, twice daily. Then, apply a thin layer of the ointment prescribed by your doctor to prevent infection.
- **Dietary Precautions**: Avoid excessively hot, hard, or spicy foods, as they can irritate the nasal mucosa, leading to congestion and discomfort.
- **Prohibited Actions**: Do not blow your nose or engage in vigorous exercise.

### 2 術後第二至第四週——逐步回復正常 WEEKS TWO TO FOUR POST-OPERATION – GRADUAL RETURN TO NORMALCY

- **慎選眼鏡**：請盡量佩戴隱形眼鏡，選擇輕便的款式，或用膠帶將眼鏡向上固定在額頭上，避免鏡框直接壓迫鼻樑。
- **留意腫脹變化**：臉部的瘀青和大部分腫脹會在此階段消退，但您會發現鼻頭的觸感仍然麻木且腫脹，這是完全正常的現象，鼻頭的消腫需要更長的時間。
- **Careful Selection of Glasses**: Whenever possible, wear contact lenses or choose lightweight frames. Alternatively, use tape to secure your glasses to your forehead to avoid pressure on the nasal bridge.
- **Monitor Swelling Changes**: Facial bruising and most swelling should diminish during this stage. However, the tip of your nose may still feel numb and swollen; this is completely normal, as the swelling in that area takes longer to resolve.

### 3 一個月後——長期穩定 ONE MONTH POST-OPERATION – LONG-TERM STABILITY

鼻腔的呼吸功能在此時應已得到根本性改善。外觀上的腫脹會持續緩慢消退，鼻子的最終形態和觸感，約需六個月到一年才能完全穩定下來。

By this time, the breathing function of the nasal cavity should have significantly improved. External swelling will continue to gradually decrease, and the final shape and feel of the nose may take approximately six months to a year to stabilize completely.