

## ENT / Head and Neck Department

# Discharge Advice Following Myringoplasty

### What is a Myringoplasty?

This is a surgical procedure for the repair of a hole in your eardrum.

### Day of Discharge

Before you are discharged home your Consultant or his deputy will come and see you and agree your discharge.

### Nutrition

After your operation you can eat as normal.

### Mobility

We advise you to rest for a few days following your operation, and to avoid heavy work for one week. Occasionally some slight dizziness is experienced after the operation; this is quite normal and should only last for a few days. You should avoid contact sports while the packing is still inside your ear.

### Bathing

**Please do not shower or bath for two days after surgery.** On the third day after surgery you may shower or bath. We advise inserting a small piece of cotton wool, smeared with Vaseline into your ear prior to showering or washing your hair. This must be removed immediately afterwards. You should avoid swimming until your Consultant tells you that it is safe to resume.

### Driving

You may resume driving 48 hours after your operation, but if you experience dizziness do not drive until this has stopped.

### Sexual Relations

You may resume your sexual relations as soon you feel well enough to do so.



# Patient Information

## Return to Work

You will need to refrain from work for up to 10 days after your operation. A sick note is available from the ward clerk to cover you whilst you are in hospital, but you will need to obtain further sick notes from your GP.

## Wound Care

### After your operation

- You may have packing (yellow ribbon gauze) which requires removal or you may have dissolvable packing which dissolves by itself
- You will have sutures (stitches) in the incision and a bandage around your ear
- The bandage is removed either the same day or the next morning
- The packing in your ear (if not dissolvable) will be removed in the out-patients department two - four weeks after your operation or as directed by your consultant.
- There will be a piece of cotton wool in your ear covering the packing, which will collect any discharge. We ask you to change this regularly.
- Sometimes the cotton wool may stick to the packing. This may cause the ribbon gauze to be pulled out. If the ribbon gauze falls out completely please do not attempt to reinsert it. Generally no specific action is required. If the ribbon gauze is partly hanging out of your ear, please cut off the part sticking out with a clean pair of scissors and cover the ear hole with some clean cotton wool.
- If your stitches or sutures are not dissolvable they will be removed 5-7 days after your operation at your GP's surgery (unless instructed otherwise).
- Please try and keep your ear clean and dry
- Avoid blowing your nose violently.
- Do not use cotton buds or any other object to clean the deep parts of your ear.
- Try and sleep on your good ear (non-operated ear)
- Avoid swimming until your Consultant advises that it is safe to do so.

## Medication

You may experience some pain above your ear and slight discomfort when chewing for a few days after the operation, but this will improve. If necessary you may take your usual painkiller e.g. Paracetamol which should help.

## Problems

If your ear becomes increasingly painful or your ear becomes itchy and a weepy wet discharge appears please telephone the ENT Ward (32) at University Hospital, **telephone 024 7696 7831**. The ward will advise you, and you may be asked to return to the ward.

## Out-patients Appointment

A follow up appointment for the out-patients department will be sent to your home address.

# Patient Information

## Post

Any mail which arrives for you following your discharge will be re-directed to your home address.

We wish you a speedy recovery.

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the **Department on 024 7696 7831**

The Trust operates a smoke free policy.

## Document History

Author: Darius Rejali  
Published: January 2007  
Reviewed: June 2019  
Review: June 2021  
Version: 4.1  
Reference: HIC/LFT/508/07