

Children's Day Surgery

Myringoplasty - Parent/Carer Discharge Information

This leaflet contains advice and information about what to expect when your child leaves hospital after this procedure

Advice after Myringoplasty

Myringoplasty is an operation to repair a hole in your child's eardrum

Nutrition

After your child's operation they may eat and drink as normal.

Mobility

We advise that your child rests for a few days after their operation. Sometimes some slight dizziness is experienced after the operation; this is quite normal and should only last a few days.

Bathing

After two days your child may shower or take a bath, but it is advisable not to wet the affected ear. We advise placing a small piece of cotton wool, covered in Vaseline into your child's ear before showering or washing their hair. This **must be removed** immediately afterwards. Your child should avoid swimming until your consultant tells you that it is safe to do so.

Return to school

It is advised not to return to nursery/school for up to one week after your child's operation and to avoid contact sports while the packing is still inside their ear.



Patient Information

Wound care

After your child's operation:

- They may have a piece of yellow ribbon gauze, which is inside their ear covered by a piece of cotton wool, which will collect any discharge. We ask you to change the cotton wool regularly.
- They will have stitches in the cut which may be dissolvable and a bandage around their ear.
- The bandage is removed the same day or the next morning.
- If required, the packing in their ear may be removed in the Out-Patients Department two to four weeks after their operation, or as directed by your consultant.
- Sometimes the packing may come out. If this happens do not pull any more out and don't push it back in, but cut it off with a clean pair of scissors and cover with some clean cotton wool.
- If the stitches are not dissolvable they will be removed five to seven days after your child's operation at your GP surgery.
- Please try to keep the ear clean and dry.
- Avoid blowing nose violently.
- Do not use cotton buds or any other object to clean the deep parts of their ear.
- Try and make sure your child sleeps on the good ear.
- Your child should avoid swimming until the consultant advises that it is safe to do so.

Medication

Your child may experience some pain above their ear and slight discomfort when they chew for a few days after the operation, but this will improve. If necessary they may take their usual pain relief, for example, Calpol (Paracetamol based medicines) or Ibuprofen. Please do not exceed the manufacturer's recommended dose.

Problems

If their ear becomes increasingly painful, or the ear becomes itchy and a weepy wet discharge appears, please telephone the ENT Ward on 024

Patient Information

7696 5243 or the Children's Emergency Department (CED) on 024 7696 6934.

Out-patients appointment

A follow up appointment for the Out-patient's Department will be sent to your home address.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6850 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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