

Patient Information

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.

Myringoplasty

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

Nutrition

After the operation, your child can eat and drink as usual.

Mobility

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

Bathing

After two days, your child can shower or take a bath, but it's best to keep the affected ear dry. 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 says it's safe to do so.



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Return to school

It is advised not to return to nursery/school for up to 1 week after your child's operation and to avoid contact sports while the packing is still inside their ear.

Wound care

After your child's operation:

- They may have a piece of yellow ribbon gauze inside their ear, covered by a piece of cotton wool to collect any discharge. Please change the cotton wool regularly.
- They may be stitches in the cut, which could be dissolvable and a bandage around their ear.
- The bandage is usually removed the same day or the next morning.
- If needed, the packing inside their ear will be removed in the Outpatients department 2 to 4 weeks after the operation, or as directed by your consultant.
- If the packing comes out, don't pull out any more or push it back in, instead, cut it with clean scissors and cover with clean cotton wool.
- If the stitches are not dissolvable, they will be removed 5 to 7 days after the operation at your GP surgery.
- Keep the ear clean and dry.
- Avoid blowing the nose forcefully.
- Do not use cotton buds or any other object to clean the deep parts of their ear.
- Make sure your child sleeps on the unaffected 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 should get better. If necessary, they may take their usual pain relief, for example, Calpol (Paracetamol based medicines) or Ibuprofen. Make sure not to exceed the recommended dose as indicated on the packaging.

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Problems

If their ear becomes increasingly painful, or the ear becomes itchy and a weepy wet discharge appears, contact the ENT Ward on 024 7696 5243 or the Children's Emergency Department (CED) on 024 7696 6934.

Follow-up appointment

A follow up appointment for the Outpatient'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.

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