

Children's Day Surgery

Myringoplasty - Patient Discharge Information

This leaflet contains advice and information about what to expect when you leave hospital after this procedure.

Advice after Myringoplasty

Myringoplasty is an operation to repair the hole in your eardrum.

Nutrition

After your operation you may eat and drink as normal.

Mobility

You need to rest for a few days after your operation. Sometimes you may feel a little dizzy after the operation. This may last two to three days and is normal.

Bathing

After two days you may shower or take a bath, but you should not get your ear wet. Put a small piece of cotton wool, covered in Vaseline into your ear before showering or washing your hair. This **must be removed** immediately afterwards. You should avoid swimming until your doctor tells you that it is safe to do so.

Return to school

You must not go to nursery/school for up to one week after your operation and do not play contact sports while the packing is still inside your ear.



Patient Information

Wound care

After your operation:

- You may have a piece of yellow gauze inside your ear covered by a piece of cotton wool which will collect any discharge. We ask you to change the cotton wool regularly.
- You will have stitches in the cut which may be dissolvable and a bandage around your ear.
- The bandage is removed the same day or the next morning.
- The packing in your ear may be taken out in the Out-Patients Department two to four weeks after your operation, or when the doctor tells you.
- Sometimes the packing may come out. If this happens do not pull any more out and don't push it back in, but get your parent or carer to 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 operation at your GP surgery.
- Please try to 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 the good ear.
- Do not swim until your doctor says that it is safe to do so.

Medication

You may get some pain above your ear and slight discomfort when you chew for a few days after the operation, tell your parent or carer if it hurts and they can give you medicine to help.

Problems

If your ear starts to hurt more tell your parent or carer and they will tell the doctor.

Patient Information

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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