

ADULT AND PAEDIATRIC ENT HEARING AND BALANCE SPECIALIST

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POST OPERATIVE PROTOCOL

OPERATION: MIDDLE EAR SURGERY/ MASTOIDECTOMY/TYMPANOPLASTY/ MYRINGOPLASTY/ EXOSTOSIS/ STAPEDECTOMY

- **HOSPITAL STAY:** You may stay overnight or be discharged the same day depending on the extent of Surgery.
- **LEVEL OF ACTIVITY:** You may experience a period of low energy for the first day or two. There after you should be able to resume normal activity.
- **PAIN:**
 - o You may expect a dull ache or some tightness in the wound.
 - o This can be relieved with Panadol or Panadiene Forte. Panadiene forte may cause drowsiness and constipation.
 - o Do not take any Aspirin or Ibuprofen products for 2 weeks before or 2 weeks after the operation. In addition some herbal products such as Fish oil needs to be avoided as they may precipitate a postoperative bleed. You will be given prescription for pain relief.
- **WOUND CARE:** You will have a pack in your ear post operatively. This may cause temporary loss of hearing but this will improve with healing.
 - o **DISCHARGE:** There may be bloody or mucous discharge from the ear up to 5 days after the operation. If there is ongoing bloody discharge after the first week please contact us.
 - Immediately after the operation bloody discharge is more frequent. There will be a cotton wool ball in our ear which you will need to change as required.
 - Do not remove the pack inside your ear. You will be given some antibiotic ear drops that you will need to apply regularly to keep the pack inside your ear moist and also to prevent an infection.
 - In addition you will also be given 5 days or oral antibiotics to prevent an infection in your wound.
 - o **WOUND:**
 - You will most likely have a cut behind your ear or a small one in front.
 - If you have had any cartilage harvested, you may also have a small cut inside your tragus
 - You will have self-dissolvable stitches

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- If there is any unusual redness or pain or pus in the wound, please call the rooms.
 - Immediately after the operation you will have some steristrips applied to your wound. Please keep these intact for the first week. After this, you can remove them and apply some antibiotic ointment to the wound till your follow up appointment.
 - Do not blow your nose or pop your ears. If you have to sneeze, do it with your mouth open.
 - If you have had a stapedectomy, in addition to the above, you cannot dive and in the immediate post-operative period, you should not fly.
- o MEDICATIONS: You will be given a prescription for oral antibiotics, antibiotic ointment and pain relief on discharge.
- o WATER PRECAUTIONS: The wound needs to be kept dry for one week. Thereafter, you may get the wound wet, but the ear canal needs to be kept dry till the healing is complete. This may include a period of 6 to 8 weeks.
- o IMBALANCE: With any ear operation there is a risk of imbalance or vertigo post operatively. This may also cause nausea and vomiting. This is uncommon and will usually occur immediately after the operation. If you are experiencing this, please call the rooms immediately. Please note that some pain relief tablets including panadiene forte and endone may also cause nausea and vomiting but will not cause vertigo.
- DIET: A normal diet is recommended. If you have undergone exostosis surgery or canalplasty, you may experience some pain on chewing. This will be temporary and will improve with a soft diet.
 - POST OP REVIEW: You will need to see your surgeon 2 weeks after surgery .
 - Please call the rooms if you have any questions after surgery