

Discharge Information: post Ear Surgery



MEG
MELBOURNE ENT GROUP

Dear Patient/Carer:

Please read this document carefully as it contains important information that complements the instructions given by your MEG ENT Specialist during your recent surgical admission.

Medications:

Pain Management:

- You will receive prescribed analgaesics on discharge (e.g. **Paracetamol, Ibuprofen**)
- Use as directed, and consult your **MEG ENT Specialist** if you have any concerns/questions.
- Most patients do not experience much pain.
- If it occurs it can be with simple pain medication

Topical Antibiotics:

- Your **MEG ENT Specialist** may prescribe topical antibiotic drops post-operatively.
- Use as directed.

Wound Care:

- **Keeping the Operated Ear Dry.**
 - **You must keep your ear canal dry until further advice from your MEG ENT Specialist.**
 - After your **MEG ENT Specialist** removes any packing, (See below) you will be able to use cotton wool coated with Vaseline® / ear plugs / Blu-tac® / shower caps when showering or taking baths to avoid getting water in the ears.
 - Avoid swimming until your **MEG ENT Specialist** advises you it is safe to do so.
 - If you are able to return to swimming, using ear plugs (custom or disposable) is advisable.
 - Ear plugs can be bought from chemists and are of variable effectiveness
 - Ensure they are the ones for water exclusion (not the noise protection variety).
 - The best are custom made plugs, although they are more expensive – they are available from audiologists/hearing aid specialists.
 - Wash your hair carefully at a sink and keep your operated ear away from the water. You may then wash the rest of your body as usual (shower or bath)
- **General Ear Canal Care.**
 - Do not remove your ear packing.
 - If your ear packing dislodges from the ear canal, do **not** try to reinsert it. Please notify **MEG practice** as soon as practicable.
 - If instructed to use Antibiotic eardrops, drop them on top of the ear packing (as this is usually a sponge material) as instructed.
- **Skin wound care**
 - You may have a wound at the opening of the ear canal, or behind the ear.
 - This wound may be covered by adhesive paper strips (**Steri-strips®**).
 - Please clean this area daily with water +/- a medicated anti-bacterial soap.
 - Gently dab this region dry and leave exposed.
 - The steri-strips® may fall off as the days go by; if not your **MEG ENT Specialist** will remove them at your post-operative appointment.

- **Bleeding:**
 - Bleeding from the ear, or from the wound behind the ear occurs occasionally.
 - This is common after any pack/head dressing is removed but usually stops quickly.
 - If bleeding occurs, place gauze or cotton wool over the area and if it continues to be a problem contact your **MEG ENT specialist** or **GP**.

Diet:

- No restrictions

Return to Normal Activities:

- **First 72 hours:**
 - Have relative rest at home.
 - Try to sleep on your back with your head elevated by 2-3 pillows.
- **Weeks 1-2 Post-op:**
 - Avoid blowing your nose
 - If required, use saline nasal sprays to clean your nasal passages.
 - Avoid lifting heavy objects.
 - Avoid bending over – If you need to pick up objects from the floor, do so by bending your knees and keeping your head upright if possible.
- **Weeks 3-4 Post-op:**
 - You may now restart slowly all previous levels of physical activity (including exercise and sports)
- **First 3 months Post-op:**
 - **MEG ENT Specialists** advise you avoid taking airflights during this period if possible.

Attend your nearest Emergency Department or Local GP Clinic if:

- **Your GP if:** You have headache, fever or severe pain that doesn't respond to the prescribed analgaesics.
 - Your **MEG ENT Specialist** would be keen to provide advice to your doctor if required
- **Your Emergency department or Call 000 if:** you have sudden onset hearing loss or vertigo/dizziness or increasing nausea/vomiting.
 - Ask the attending physician to contact your **MEG ENT Specialist** for immediate advice.

On your Postoperative Appointment:

- **1st post-operative visit:** your **MEG ENT Specialist**
- **2nd post-operative visit:** your **MEG ENT Specialist** will remove the packing from your ear and clean your ear canal

- **A follow-up audiogram will be organised through MEG, or you will be instructed to attend for a post-operative audiogram in your local area.**

We will confirm the time and date of your post-operative appointment soon. Do not hesitate to contact us if you require any further information regarding these instructions.

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