

## Discharge Advice

### Myringoplasty

#### **The wound:**

There are 3 common types of surgical wounds with regards to repairing holes in the ear drum. These include pre-auricular (wound in front of the ear), post auricular (wound behind the ear) and per meatal (approach via the ear canal). Patients who have a post auricular or a pre-auricular wound will have a head bandage after surgery. Prior to discharge from hospital, the head bandage will be removed by the medical team. At this point the wound will be checked for any problems.

Should it be the case that you have the surgery as a day case, you will be given advice on how to remove the bandage yourself the following day.

You will be informed if you have dissolvable stitches or if your stitches are non-dissolvable and require removal. Stitches that require removal can be removed by your GP practice nurse (usually 6-10 days post surgery). You will need to make an appointment with your GP practice nurse in order to arrange this.

It is important to keep the ear dry post surgery. In particular, avoid hair washing until the sutures have been removed. You may wish to try dry shampoo should your hair feel greasy. It is important to also keep the ear canal dry post surgery (until the surgeon tells you otherwise) by using a piece of cotton wool smeared in Vaseline when in the bath/shower. Do not place your head under water.

Should your wound become inflamed or start to open up post surgery, you will need to be seen by either the ENT treatment room or your GP. Contact details for the ENT treatment room are on this leaflet.

#### **The ear canal pack:**

A pack is usually placed in the ear canal post surgery in order to hold the graft in place and to reduce the risk of infection. The commonest type of pack used is BIPP (ribbon gauze soaked in a bismuth iodine paraffin paste) which is yellow in colour. Often more than one piece of packing is used. This pack will be removed in clinic usually at around 3 weeks post surgery.

Rarely an allergic reaction to a BIPP pack can occur. This will usually present in the way of swelling and pain around the ear canal. In this situation contact the ENT treatment room/your admission ward in order to arrange for the ear to be assessed by the on call ENT doctor.

The BIPP pack may require removal along with the insertion of a different type of pack.

Should the ribbon gauze start to come out from the ear canal, do not push it back in or pull it out. Just use a scissors to cut away the loose end.

**Recovery time:**

Pain and discomfort tends to be mild and usually improves within a few days. You will be given advice on pain relief prior to discharge by your nurse. Most patients require 2-3 weeks off work/school in order to recover. Heavy lifting/straining/strenuous exercise during this time is not recommended.

**Flying:**

You should not fly for 3 months following the surgery.

**Taste:**

The taste nerve runs across the ear drum and may be stretched/moved in order for the surgery to be performed. This may cause a change in your taste sensation which will usually settle within a few months.

**Follow up:**

You should be seen in the outpatient clinic at around 3 weeks post surgery. At this point the pack will be removed from the ear canal and the graft will be checked. Should you not receive this appointment, please call the outpatient booking office on 01495765055.

**EMERGENCY DISCHARGE INFORMATION**

**09:00 to 17:00 Monday to Friday (excluding bank holidays):** Contact the ENT Treatment room on 01633234018

**After 17:00/overnight (adults):** Ward C0 on 01633 493926.

**After 17:00/overnight (children):** Ward C1 on 01633 493609.

**In the event of an emergency, attend your closest Accident & Emergency department**

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