

## **Discharge Advice**

### **Tympanotomy**

### **+/- Ossiculoplasty**

#### **Tympanotomy +/- Ossiculoplasty**

A tympanotomy describes the procedure of surgically accessing the area deep to the ear drum (this involves lifting up the ear drum). This is usually performed to check the bones called ossicles (small bones that conduct sound from the ear drum to the sensory inner part of the ear called the cochlea). An ossiculoplasty is performed to attempt repair of the small bones of the ear (ossicles). This is usually done to restore hearing in the case of erosion or disruption of the small bones.

There are 3 common types of surgical approaches with regards to tympanotomy and ossiculoplasty surgery. These include pre-auricular (wound in front of the ear) post auricular (wound behind the ear), and per meatal (directly through the ear canal). Patients may have a head bandage after surgery. Prior to discharge from hospital, any 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 7 days after 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 after surgery. In particular, avoid hair washing until any 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 after surgery 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 after 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 after surgery in order to hold the graft in place and to reduce the risk of infection. Packs can be either a dissolvable foam or a

non-dissolvable BIPP pack (ribbon gauze which is yellow in colour). Often more than one piece of packing is used.

Rarely an allergic reaction to a 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 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 week. 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.

### **Vertigo:**

Some patients can feel dizzy/experience a feeling of the room spinning after surgery. You should not drive until this settles. This will normally resolve within a few days.

### **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.

### **Hearing loss and procedure failure :**

The aim of ossiculoplasty is to reconstruct hearing. Sometimes this is just not possible due to unusual findings at the time of surgery that could not be predicted pre-operatively. Furthermore, the mechanism of hearing is extremely sensitive. Sometimes after this kind of surgery the hearing can become worse, and in the worst instances may be damaged permanently. The chances of this occurring are low.

### **Follow up:**

You should be seen in the outpatient clinic at around 3 weeks after surgery. At this point any non-dissolvable ear canal packs will be removed. If a dissolvable pack has been used, it is likely that the ear canal will require cleaning with suction. 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):** C0 01633 493926.

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

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

**“This document is available in Welsh / Mae’r ddogfen hon ar gael yn Gymraeg”**