

Patient Information Leaflet

Tympanoplasty (+/- Cortical Mastoidectomy)
Postoperative Discharge Advice and Instructions

**THE
MEDICAL
SPECIALIST
GROUP
LLP**

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Mr Beaumont's Patients

Discharge Advice following Tympanoplasty (+/- Cortical Mastoidectomy)

A Tympanoplasty is usually a straightforward procedure to repair a hole in an eardrum and/or to prevent discharge from the ear and problems following it are rare. The following advice is given to minimise the risk of infection and to explain some of the things you will experience in the first week after the operation.

1. Return to School/Work

Most patients can return to work/school 1 week later, usually the day after the first follow-up appointment.

2. Exercise and Water Precautions

Excessive exercise or straining after the operation can lead to bleeding and occasionally dizziness and it is wise to restrict yourself to more gentle activities in the first week. Walking is fine.

It is most important to ensure no water enters the ear or wets the packing as this can lead to infection. If you have had an incision behind your ear this will effectively be "water tight" after about 24 hours, but ideally you should have baths rather than showers and get someone else to help you wash your hair.

Place a large piece of cotton wool smeared generously with Vaseline at the opening of your ear canal if you feel there is likely to be any risk of water contamination.

3. Packing and Drainage from the ear

Packing will be placed in your ear canal during the operation and this will remain there for one week. This is to hold everything in place and prevent bleeding.

You should wear dry cotton wool at the opening of your ear canal until the packing is removed and you can change this as often as necessary

if it becomes stained. Sometimes some of the yellow ribbon gauze ear packing can become stuck to the cotton wool.

If this happens get someone to gently separate the two or cut the cotton wool away and push the packing back into the ear. (It contains a strong antiseptic and there is little risk of introducing infection by doing this). Do not worry if a small piece of this packing comes out completely as there is other more important packing behind this that will remain in place.

4. Pain Relief

There is usually very little discomfort after the operation and it should be covered well by Co-Codamol or other similar combination pain killers.

5. Infection

This is very rare but if you develop increasing pain together with a temperature and/or a smelly discharge from the ear you should contact your local GP or Mr Beaumont for advice and antibiotics as soon as possible.

6. Swelling and Bruising

There is often some swelling just above the ear (from where the graft is taken) and occasionally this can lead to bruising near the eye or below the ear as the swelling goes down. This is normal and you should not be concerned unless there is a large localised swelling above the ear which seems to be getting bigger (a haematoma). Contact Mr Beaumont if this occurs.

7. Hearing and Dizziness

As your ear canal will be packed, it is normal for it to feel blocked and deaf after the operation. Some patients also feel slightly dizzy and/or nauseous for a short time as the ear controls balance as well as hearing.

8. Follow-up

You will be given an appointment for 1 week's time when you leave the hospital for a general check and to remove the stitches and packing,

If you have any other problems or concerns, then please phone the **Hospital (725241)** and speak to a nurse from the ward you were on who will advise you over the phone or contact Mr Beaumont for you (**Specialist Group** number **238565**).

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