

Post-operative Instructions

Major Ear Surgery-Tympanoplasty, Stapedectomy, Cholesteotoma surgery

What to expect

Ear Surgery is normally well tolerated with little pain. The ear will be packed so it will feel blocked with dull hearing. Some people will experience mild or moderate dysequilibrium. A slight bloody discharge from the ear canal is not unusual.

Pain Management

Panadol and panadeine usually suffice. Stronger analgesics will also be prescribed on discharge in case they are required.

Antibiotics

May be prescribed in some cases.

Diet and Showers

A normal diet is appropriate. Try to avoid getting too much water on or in the ear with showering. It is best to not wash hair for several days and after that to do so with an assistant covering the ear with a cup or similar device.

Precautions

Avoid strenuous activity for 1 to 2 weeks. Also avoid heights, ladders and other situations where a fall may be dangerous, particularly if you feel off-balance.

It is inadvisable to drive until you see me at the one-week postoperative appointment.

You must not operate machinery or make legally binding decisions for 24 hours.

Return to Work/School

Generally one to two weeks off is sufficient.

If you have any concerns please call my rooms during office hours or my mobile number after hours. You will find it on the front of the card with your post op appointment details. If you can't locate it please call the hospital (numbers below) and they will contact me.

In the unlikely event that I can't be contacted and the problem is urgent please proceed without delay to the nearest public Accident and Emergency Department.

Rooms : 8363 0677

St Andrews : 84082111

Parkwynd : 82233294