



## Major Ear Surgery, Myringoplasty and Mastoidectomy

### Recommended sick leave

Depending on your occupation you may return to work as early as 3 days after the operation. If your occupation involves strenuous activity or heavy lifting this needs to be avoided and you may return to work with restricted duties for 3 weeks. Ask Mr Leung regarding specific advice regarding your situation

### Medications

Generally antibiotics are prescribed for two weeks following surgery. Specific advice will be provided if antibiotics are prescribed.

1. Avoid vigorously blowing your nose for one month following surgery. Any accumulated secretion in your nose should be drawn back and expectorated through the mouth to avoid infecting the ear. If you sneeze do so with your mouth open. Do not hold your nose to avoid sneezing.
2. Scrub your hands with soap and water before treating the ear
3. A small cotton ball moistened with ear drops may be used to clean the outer ear as often as necessary. Do not use oil or water.
4. Water should be kept out of the ear canal until after review and permission is given to treat the ear normally.
5. The hair may be shampooed two weeks after surgery, providing water is not allowed to enter the ear canal. This is avoided by placing a cotton ball in the ear and applying Vaseline over the cotton ball to form a seal.
6. If ear drops are to be instilled, position the head with the affected ear up during the instillation and remain in this position for 5-10 minutes
7. The ear should be exposed to air as much as possible. A cotton ball can be placed in the ear canal during the day, during exposure to a dusty environment and may be placed during the night to prevent drainage on the pillow.
8. The ear has self dissolving packing in the ear. Do not attempt to remove the packing as this may displace any grafts and lead to unsatisfactory healing.
9. Expect some blood stained drainage in the first week which can be reddish-brown in colour. This usually clears within a week or two. If drainage increases call Mr Leung.
10. You will experience numbness around your ear and ear lobe. This usually improves over several weeks.
11. If any of the following occur contact Mr Leung
  - bleeding
  - persistent fever
  - purulent drainage (pus)
  - redness around the suture line
  - persistent pain unresolved by simple pain killers such as panadol and panadeine
12. Do not sleep on the side of the operated ear for one week
13. Avoid undue fatigue or exposure to colds or upper respiratory infections
14. Avoid heavy lifting or straining for three weeks after surgery

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