



Ear surgery: aftercare advice

Information for patients from Day Surgery

You have had an operation on your ear. This information leaflet explains how you should care for your wound when you return home.

When you get home and for the first few days after your surgery

- Arrange for someone to collect you from hospital and look after you for the first 24 hours.
- Do not drive, drink alcohol, cook, or operate any machinery for at least 48 hours after your operation.

How do I look after my wound once I get home?

- Remove your head bandage the day after your surgery. Gently clean any dried blood with warm water and change the cotton wool.
- **Do not get your ear wet.** We advise you not to wash your hair until your packing is removed.
- You will have some packing inside your ear canal, please keep this in place until your follow-up appointment at the hospital.

I have discharge coming from my ear, is this normal?

Yes. You will have a small amount of discharge come out of your ear but this will settle in a few days. Place clean cotton wool in your ear to absorb this and change the cotton wool regularly. If any packing gets stuck to the cotton wool, use clean scissors to trim the ends. Do not remove the packing.

General advice

- Take your ear drops and painkillers, as prescribed.
- Use brushes/combs with care; do not touch your stitches.
- When sneezing, pinch your nose and open your mouth, so the sneeze comes out of your mouth. This will avoid putting too much pressure on your eardrum.
- Try to avoid contact with people who have coughs or colds.
- Do not bend, stoop, or make any sudden head movements.
- Avoid constipation, as this may increase the pressure in your eardrum.
- Please do not swim until after your outpatient follow-up appointment.



When can I return to work?

You should be able to return to work within two weeks of having surgery.

Will I have a follow-up appointment?

Yes. You will receive an outpatient appointment three to four weeks after your surgery. Your packing will be removed at this appointment.

What if I have any questions or concerns?

If experience sudden hearing loss, severe dizziness, bad smelling or heavy discharge or bleeding through your wick, or severe pain, please contact Rotary Ward on 01233 61 62 61.

If you have any queries please do not hesitate to contact Day Surgery on the numbers below or your GP.

- Channel Day Surgery, **William Harvey Hospital**, Ashford
Telephone: 01233 61 62 63 (24 hours a day, 7 days a week)
- Canterbury Day Surgery Centre, **Kent and Canterbury Hospital**
Telephone: 01227 78 31 14 (7.30am to 8pm)
Telephone: 07887 68 76 45 (8pm to 7.30am)
- Day Surgery Unit, **Queen Elizabeth the Queen Mother Hospital**, Margate
Telephone: 01843 23 44 99 (7.30am to 8pm)
Telephone: 07887 65 11 62 (8pm to 7.30am)

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation