

## Patient information

# Myringoplasty and Post-Operative Care

Martin Corke Day Surgery Unit

## Myringoplasty

### What is it and why is it carried out?

An ENT (ear, nose and throat) specialist will have identified a hole (perforation) in your eardrum. A Myringoplasty is an operation performed under general anaesthetic (asleep), to repair a perforation of the eardrum.

### Following your surgery

You may experience some mild to moderate pain, which can be relieved by taking the painkillers and on discharge you may be given 3 - 5 days' supply to take home. Paracetamol or similar medication is appropriate should you experience further pain when your initial supply of tablets is finished.

### Dressing instructions

The bandages or outer dressing can be removed the day after your surgery.

You will have some small dressings inside your ear canal. If they become dislodged do not try to push or pull them. Instead use some clean scissors and cut off the end of the dressing where it protrudes from the ear canal. These dressings will be removed by the doctor or specialist nurse when you attend the ENT outpatient clinic approximately 2 weeks following your surgery.

If you also have a piece of cotton wool just inside your ear, this will need to be replaced with clean cotton wool once or twice a day for the first two days following surgery. Please do not use cotton wool for longer than 3 days.

Try to sneeze with your mouth open to minimise the pressure.

You may return to work after 2 weeks.

Do NOT swim or dive until after you have been seen in the outpatient's department.

Do NOT fly in an aeroplane for 6 weeks.

Do NOT blow your nose violently. Gently clear one nostril and then the other.

Outpatients' appointment.....

This will be sent to you.

If your ear becomes painful, swollen or is bleeding, please contact the Martin Corke Day Surgery on 01284 713050 between 7.45am and 8.00pm, Monday to Friday.

Outside these hours contact the ENT ward on 01284 713290 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Alternatively, you can call your GP / GP out-of-hours service or NHS 111.

**If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)**

**<https://www.accessable.co.uk>**



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