

Ear surgery (stapedectomy, mastoidectomy, myringoplasty)

Useful guidelines for your child's recovery at home

Diet and fluids

Your child may gradually build up to eating a normal diet. Ensure they drink plenty of fluids.

Wound

There may be a pack in your child's inner ear which must remain dry and intact until the follow-up appointment with your surgeon. To protect this pack, gently place a cotton wool ball in the ear. This may be changed as needed.

Activity

- It is important that your child gets plenty of rest and quiet time as they recover. They should remain at home, mainly resting, for the next week, if possible. During the second week they can start gentle activity.
- Your surgeon will advise when your child can return to school and resume normal activities
- Your child should avoid strenuous activity or exercise until after the surgeon's review as it takes three weeks before healing is complete
- Avoid getting water into the ear. Cover the ear with 'blu-tack' or cotton wool smeared with petroleum jelly if showering or washing hair.
- Swimming is not permitted until after the review by your surgeon
- Your child must sneeze with an open mouth to decrease pressure in the ear
- Avoid nose blowing
- Your child may experience some dizziness or ringing in the ears
- Avoid changes in atmospheric pressure, such as flying or heights

Discomfort

Your child may experience pain in the ears. This can be relieved with paracetamol or medications as prescribed by the surgeon.

Medications

- If your surgeon has prescribed antibiotics, take them as directed. Your child should not stop taking them just because they feel better. It is important that they take the full course of antibiotics.
- Give your child pain relief as directed
- Paracetamol can be given every four to six hours but no more than four times in a 24 hour period (ensure you follow correct dosage instructions for your child's age)
- Ibuprofen is usually avoided post-operatively, however be directed by your surgeon
- Do not give aspirin
- If your surgeon has prescribed any other medication administer as directed

Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Persistent or increasing dizziness
- Persistent or increasing ringing in the ears
- Strong pain unrelieved by regular pain relief
- Increasing or offensive discharge from the ear

A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.