



Ear, Nose and Throat Surgery
Head, Neck and Thyroid Surgery
Facial Plastic Surgery
Snoring Surgery

Matthew Leaper

MBChB, FRACS (Otolaryngology, Head & Neck Surgery)

Suite 20
Marinoto Clinic
72 Newington Ave
Dunedin 9010
Tel: (03) 464-0222
Fax: (03) 464-0217
www.drleaper.co.nz

Post-operative instructions for Mastoidectomy, Tympanoplasty or Myringoplasty

I strongly recommend you take it quietly until you are feeling well again. You have had an operation and you need to let your body recover and heal in the best possible way. Eating and resting are both important. A follow-up appointment 10-14 days after surgery can be made by phoning 03 464 0222.

The bandage is usually removed the day after surgery. Keep the ear completely dry until your follow-up appointment. Keep your ear when washing your hair by placing a plastic picnic cup over your ear.

The sutures are usually dissolvable and can be covered with either Vaseline or prescribed ointment to keep them clean. This is best applied with a clean cotton bud twice a day.

There are usually several layers of packing in the ear. There is a wick with greasy ointment on it and occasionally this may fall out. If this happens, just trim the end off and gently poke it back in. If it falls right out, then just leave it out as this usually means the swelling is settling and the packing has come loose.

Bloodstained discharge from the ear is very common and is not a cause for concern. You can place a piece of cotton wool in the ear and change it as often as required. A little Vaseline on the cotton wool will prevent it sticking from the deeper packing.

Pain can generally be controlled with paracetamol, Panadeine or Panadeine forte. You can also take Voltaren or Nurofen in addition to this, if you can tolerate these medications.

The ear will feel blocked. The packing in the ear canal may feel uncomfortable. The ear may also experience noises, crackling, ringing and popping which is quite normal. This is usually a combination of the packing and fluid behind the eardrum. Don't try and get rid of this feeling, as it will go when the packing is removed. You may also feel a little off balance and this usually settles in a few days.

If you have concern, I can be contacted either at the number above or if you are having problems and you are unable to contact me, then please phone Dunedin Hospital and ask for the on call ENT registrar.