

Information leaflet for parents/carers

Tympanoplasty Discharge Advice





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This leaflet gives you information about your child's care at home after a Tympanoplasty.

It is important that this leaflet is read together with the patient information leaflet "Going home after surgery." Please make sure you have been given a copy by the nursing staff on the ward.

What is a Tympanoplasty?

Your child has had a Tympanoplasty. This is the reconstruction of the eardrum with or without the reconstruction of the small bones of the middle ear (Ossiculoplasty).

What if my child has pain?

Your child may complain of some pain or discomfort after their operation. In hospital the nurses will give Paracetamol if your child needs painkillers. You should continue with this at home if your child has any pain. Please follow the instructions carefully and do not give your child more than the stated dose.

What do I need to do with the wound?

Your child will have a yellow coloured ribbon gauze dressing in their ear. This dressing will need to stay in the ear for up to 4 weeks to allow the wound to heal properly.

The nursing staff will arrange for an appointment for this dressing to be removed.

There may be some discharge through the dressing for several days after the operation; this is normal. This can be cleaned from the outside of the ear with a clean tissue. A small piece of cotton wool can be placed in the ear canal, to soak up the discharge. This cotton wool can be changed as necessary.

If a small bit of this dressing comes out of the ear, please cut it off with a pair of scissors. Do not poke the end back into the ear.

What about washing and bathing?

It is important to keep your child's ear and the skin around it clean and dry. When washing your child's hair, place a small piece of cotton wool smeared with Vaseline® in your child's ear to stop any water from entering into the ear canal when showering or bathing.

What about school, rest and play?

After this operation, your child may feel sick. We advise your child to rest for the first couple of days. Your child may need a few days off school/nursery to recover.

For the next 10 days it is important that your child avoids any actions that may increase the pressure in the middle ear:

- Do not blow the nose, just wipe it
- When sneezing, ensure an 'open mouth' action
- Avoid bending down 'head first' to put on shoes, tie laces or pick up items
- Avoid activities that increase middle ear pressure such as skiing, fairground rides and air travel for the next 6 weeks

Your child should NOT play any contact sports such as football and rugby or take part in any other rough play activities for 6 weeks after this operation.

Your child should NOT go swimming until after their ear has been seen in the ENT Outpatient clinic appointment and the doctor tells you that your child can go swimming.

What do I need to look out for?

If you notice any of the following symptoms please contact the ward from which your child was discharged for further advice. Contact details are on the back of this information leaflet.

- High temperature
- Not eating
- Not drinking
- Persistent vomiting
- Swelling to the wound area
- Discharge/wetness from the wound area.

If you notice any of the symptoms listed below please seek urgent medical help; dial 999 or take your child to the nearest Emergency Department.

- Severe lethargy/unresponsiveness/floppy child
- Irregular breathing pattern or difficulty in breathing
- Bleeding
- Increased pain
- Unsettled/irritability
- High temperature with cold to touch hands and/or feet
- Shaking generally to the body and limbs.

Please use this space to write down any notes or questions you might have.

Further Information

This information leaflet was produced using the latest evidence available and is based upon current practice. Further details are available upon request.

If you are concerned, need any more information or have any questions about your child when you get home please contact the ward from which your child was discharged, GP (family doctor) or your nearest Emergency Department.

Ward:

Telephone:

This leaflet has been produced by Ward 5 and the ENT Department at Birmingham Children's Hospital.

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