



# Ear surgery: aftercare advice

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## Information for patients from Day Surgery

You have had an operation on your ear. This 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. Do not 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 have an outpatient appointment to come back to the hospital for your ear to be checked. Your packing will be removed at this appointment.

### **What if I have any questions or concerns?**

If have any sudden hearing loss, severe dizziness, bad smelling or heavy discharge or bleeding through your wick, or severe pain, please contact Rotary Ward on 01233 616261.

**This leaflet has been produced with and for patients.**

**Please let us know:**

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

**You can let us know this by:**

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

**Any complaints, comments, concerns or compliments**, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email ([ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)).

**Patients should not bring 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 has been handed into Trust staff for safe-keeping.

**Further patient information leaflets** are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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