



Mr. Adnan Safdar MBBS. FRCS., FRACS (ORL-HNS)

POST OPERATIVE INSTRUCTIONS –MYRINGOPLASTY/ MASTOIDECTOMY.

Before leaving the Ward make sure that you have :

- Instructions – what to do after surgery
- Medications (or prescriptions for them)
- An appointment to see your Doctor
- Medical certificate (if required)
- A summary of your hospital stay
- Your own private scans/x-rays
- A responsible adult to accompany you home

Do not drive within 24 hours of general anaesthetics.

SPECIFIC DISCHARGE INSTRUCTIONS:

1. Drink and eat lightly as you may feel nauseous following an anesthetic.
2. Keep the ear dry, especially when showering/washing hair. Cotton wool and petroleum jelly can be used to create a waterproof plug.
3. Do not attempt to clean ears, especially with cotton buds.
4. No swimming either in a pool, spa, bath or the beach until your follow-up appointment. If swimming is necessary check with your doctor first and wear fitted ear plugs and a tight fitting cap.
5. Drink plenty of fluids and eat plenty of fresh fruit and vegetables to promote healing and maintain regularity of your bowels. Use mild laxatives if required.
6. You will have a dressing in the ear which needs to stay in until your doctor removes it usually one week following a Myringoplasty and Two weeks following a Mastoidectomy. If you have any stitches needing removal you will be advised.
7. You will be given some Antibiotics to take home, which you should use regularly as prescribed. You may also be given Ear drops to use in the ear if necessary.
8. You may be advised to stay off work/ school/ college for up to 2 weeks after the operation, check with your surgeon prior to returning to work.

IMPORTANT: Contact your doctor if you experience :

- Persistent nausea/vomiting
- Persistent discharge/bleeding
- Prolonged dizziness, decreased hearing
- Weakness or asymmetry of the face on the operated side
- Excessive pain or tenderness, not relieved by medication
- Signs of infections eg : fever, sweats, shivers
- Nasal discharge
- Dislodgement of the ear dressing

In Case of an Emergency Mr Safdar can be contacted via the switch board at St John Of God Hospital on 03-9709 1414 or Maryvale Private Hospital on 03-5132 1200 or alternatively contact Casey Hospital, Berwick switch board on 03-8768 1200 and ask for the ENT registrar. Our Rooms Phone Number is 03-9769 3930 and we are open Weekdays 9 am to 5 pm.