

# Middle Ear Surgery

## Patient discharge information

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Welcome to the Southern Adelaide Local Health Network. This information sheet aims to answer any questions you may have about your child having middle ear surgery.

### Types of Surgery

There are many types of ear surgery:

- Tympanoplasty or Myringoplasty - to repair a hole in the eardrum.
- Mastoidectomy - to remove infection from the mastoid bone.
- Cochlear implant- to restore hearing by placing an implant in the inner ear that will send sound signals to the brain.

### After Surgery

Your child will be monitored closely by a nurse after surgery and will check your child's pulse rate, breathing and pain levels.

Your child may have a bandage around their head, covering the ear where the surgery was done. This bandage has to stay on until the next day when the surgeon or nurse removes the bandage. There may be some swelling and numbness on the side of the face after surgery for few days.

It is best to let your child rest in bed after surgery as any sudden movements can make them dizzy. Some children may feel sick and vomit after surgery. Please tell your nurse if your child feels sick or vomits.

Your child will return from surgery with an intravenous cannula (IV). Medicine may be given through the IV if your child feels sick or vomits many times. A drip with fluids may also be given through IV to keep them hydrated.

The day after surgery your child will be seen by the surgeon and the ear bandage will be removed. If there is ear packing inside the ear it is left in place and the nurse will put another smaller dressing on their ear to protect the packing.

### Pain Relief

The type of pain relief needed after surgery depends on the surgery. Your child will be given pain medicine during their surgery and should be comfortable on return to the ward. Please tell your nurse if you feel that your child is in pain. Before you take your child home the nurse will talk to you about what pain medicine to give at home.

### Eating and drinking

Your child can start drinking as soon as they are fully awake. They will be offered a light diet in hospital when they are ready to eat. Babies can breast feed or bottle feed straight away.

### At Home

#### Nausea and Vomiting

Do not be worried if your child vomits once or twice after leaving hospital. If they vomit or feel sick, stop giving food for about an hour, then try a light diet like toast and give more as your child can manage without feeling sick. If your child keeps vomiting, please seek help by either calling your child's surgeon, G.P or your nearest emergency department.

#### Activity

Your child should reduce their activities for a few days and will need to stay home from school or childcare until they are fully recovered from the surgery. Your child should also avoid the following:

- Rough play and all sport activities including swimming.
- Heavy lifting or bending.
- Plane travel

When your child has a bath or shower, avoid getting the dressing wet. If you need to wash

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your child's hair keep the dressing dry by holding a foam cup over the ear.

In the first week following surgery your child should not;

- Blow their nose. Instead encourage sniffing and sneezing with mouth open
- Lie on the side of the surgery.

## Wound Care

Your child's care at home will be explained to you by the nurse. **Do not remove the dressing or ear packing until your child's follow up appointment.**

Contact your local GP or private surgeon if the ear packing falls out or if there is fluid coming out of the ear.

## Who do I contact?

If your child has any of the following problems or you have any concerns after your child's discharge please telephone your private surgeon, local GP or your nearest Emergency Department.

- Vomiting with or without fresh blood.
- Constant higher than normal temperature
- Worse throat/ear pain not relieved by regular pain medicine.
- 'Flat' or 'sick' looking.
- Dehydration with signs such as dry mouth, dark urine, sunken eyes, dry or loose skin

## Follow up appointments.

An appointment to see the surgeon will often be made for your child prior to going home from hospital. Please check with your child's surgeon or nurse before going home.

## For more information

- See your family doctor
- For 24-hour health advice call - Health direct Australia 1800 022 222
- Parent Helpline 1300 364 100
- Local emergency department

Adapted from "Middle Ear Surgery" Consumer Information : women's and Childrens Hospital.

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## For more information

Womens and Childrens Division  
Flinders Medical Centre,  
Bedford Park SA 5042  
Telephone: 08 8204 5511



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This document has been reviewed and endorsed by consumers.



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