



Discharge Advice Following Ear Surgery

1. Any small metal staples or thread like sutures will be left in place and will be removed by your GP or you will be asked to return to the ward for removal of same in one week's time.
2. Please keep cotton wool in the ear and change it as required, it is normal for the cotton ball to have some drainage on it for several days after surgery. Be careful changing it, ensuring that it is not connected to the inner dressing (the yellow bipp dressing) in the ear. If so cut the yellow dressing carefully from the cotton wool ball, and replace with new cotton wool in the ear.
3. If the bipp (inner dressing) falls out, keep the ear waterproof with cotton wool and Vaseline and contact the hospital.
4. You may hear popping, crackling noises in your ear, this is normal.
5. Mild discomfort is normal, if your ear is extremely painful, if you have fever or there is an increase of discharge from the ear or wound contact the hospital immediately.
6. It is very important to keep the ear dry. When showering place a cotton wool ball coated in Vaseline into your ear. Discuss water sport with your consultant.
7. Don't blow your nose violently; gently wipe your nose if necessary. Try to sneeze with your mouth open to minimise the pressure.
8. Please consult your team for instructions regarding flying in the post-operative period.
9. Avoid sleeping on the side of surgery until the ear has healed.
10. Protect your ear from any loud noises.
11. If you are dizzy please be careful when you are moving around, this will subside.
12. Cotton tipped applicators like cotton buds should never be used in the ears.
13. Take all medications prescribed by your doctor.
14. You will receive an appointment in the post for removal of dressing (bipp) in the Day Care Unit or in the outpatient department.



We hope that this information is helpful to you. If anything is unclear, or you have any other questions you would like to ask, then please do ask the nurse/doctor before you leave the hospital.

If you have any problems or are worried please contact:

**Royal Victoria Eye and Ear Hospital
Inpatient Wards on: 01 6644600**

Revision History

Ref No.	Version No.	Date Approved	Change	Section No.	Approved by
	1	2010	New Information Leaflet	-	
PIL 055	2	April 2014	Revised Information Leaflet	all	Hospital Management Group