

EXOSTOSES SURGERY

A Patients Guide



What is Exostoses?

Exostoses, also known as Surfer's Ear is a slow growth of new bone on top of existing bone on your ear canal. As exostoses develops, it can cause hearing loss due to the narrowing of the ear canal, and recurrent infections as water gets trapped.

What does the surgery involve?

Exostoses removal surgery is carried out under General Anaesthesia and may take up to two hours. There are a few approaches to performing these operations. David may suggest an *Endaural* approach (an incision at the top of the ear canal entrance) or *postauricular* approach (from behind the ear). If *postauricular*, David makes an incision in the natural crease behind your ear and closes the site with dissolvable stitches. The purpose of this operation is to remove the bony growths and widen the ear canal is improve access and function.

After Surgery

In the first few days after surgery, it is common to have some blood stained discharge from the ear. While it is not uncommon to get some nausea and / or vomiting it is not usually severe or long lasting. If you find you have persistent nausea and vomiting, please contact our team. It is not unusual to experience a pulsation, popping, clicking and other sounds in the ear. These sensations and the feeling of fullness or occasional sharp shooting pains may occur.

Recovery Period

- The full recovery period usually takes 6 – 8 weeks.
- You should be fine to return to sedentary work within 2 weeks. If you require 2 good hearing ears, you may need 3 weeks off work.

First 2 – 6 weeks

- Do not dive or swim with your head underwater.
- Avoid spa's, hot pools and baths.
- Keep the ears dry until your first follow up appointment.
- After your follow up review, you should be able to swim in clean sea water or very clean swimming pools.
- Do not fly for a minimum for 4- 6weeks. A sudden change in air pressure can cause pain and could damage your inner ear.
- You may resume light activity e.g.; walking, jogging and light gym weights within 2 – 4 weeks of surgery.
- At 4 – 6 weeks you can increase weight training and sporting activities e.g.: Social sports.

Eating & Drinking

Eat and drink as normal. Fluids are very important to help you recover and to prevent dehydration .

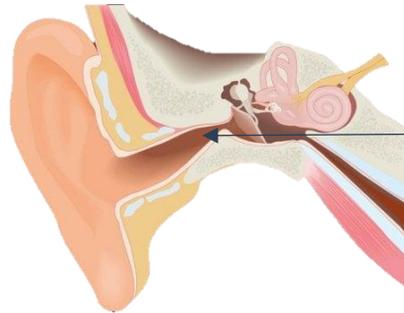
The Tūhauora clinic have 24/7 reception service. Leave us a message or email and we'll get back to you within 24 hours. WHG Hospital also have an on-call ENT Team 24/7.

Post-operative Assessment & Packing

The bandage around your head can be removed 24-48 hours after surgery. If you find the bandage is too tight, it can be loosened. You will have deep packing placed inside your inner ear; this will be removed by David 2 – 3 weeks after your operation. The Tūhauora Clinic will arrange this appointment in advance, and a reminder is sent 2days after surgery

Ear Packing (gauze, cotton material)

- You will have reduced hearing in your operated ear due to the packing.
- You can replace the cotton wool at the outer aspect of the ear if becomes blood-stained. A small amount of packing may fall out, this is okay.
- A small amount of bleeding is normal within the first week.



- Bone Growth in the Ear Canal

Cleaning & Care At Home

- Keep your ear as dry as possible. The most important thing to remember is to keep water from entering the ear. When changing the outer cotton wool, you can cover it with Vaseline. This helps repel water, especially in the shower.
- Do not insert any objects into your ears such as Q-tips or fingers.
- Do not try to clean your ear or pull at your ear if it becomes itchy.

Pain Management

You may experience moderate pain in and around the ear. David can prescribe pain medication for you, let us know if your pain worsens. Whilst you have packing in the ear, you may feel a moderate degree of pressure. Chewing can be uncomfortable for the first few weeks due to the ear canal widening being so close to the Jaw. You may also experience a ringing sound and/or dizziness for the first week. This is expected and should resolve around 3 weeks.

Leaving the Hospital

If you live within a safe distance of emergency care and have adult support at home, you should be fine to go home on the same day. If not, you will be admitted for one overnight stay.

CONTACT: For all Post-operative concerns

Please phone the Tūhauora Clinic. If we are unavailable, please present to your nearest emergency facility / White cross or ED.

Whangarei Hospital: 09 430 4100
Kaitia Emergency: 408 9180
Ambulance: 111