

Why Do I Need This Operation?

David may recommend a one of these operations to repair a hole in your ear drum, reduce the risk of reoccurring ear infections caused by water entering the middle-ear through a perforation or to improve hearing. You may have symptoms of a frequently discharging ear, hearing loss or infections despite keeping water out of the ear.

A Tympanoplasty is often performed for two purposes. David will operate on your hearing bones and repair a hole in your ear drum. A Mastoidectomy is an operation to remove a Cholesteatoma that has grown beyond the middle ear, A Tympanoplasty is often combined with this operation.

You may have experienced:

- A burst ear drum
- A severe middle-ear infection in childhood
- Grommet Operation
- Perforation to the ear drum by a sharp object or Sport
- Cholesteatoma

After Your Operation

Most patients can go home from Kensington Hospital on the same day as their operation. You will be moved to recovery for 2 hours for observation when the operation is finished.

What is a Myringoplasty and Tympanoplasty?

A Myringoplasty, also known as a 'repair of the eardrum' is an operation to repair a hole or perforation in the eardrum. A Tympanoplasty is also an operation to repair a hole in the ear drum, it may include the reconstruction of the hearing bones.

Post Operation Pain

You may experience moderate pain in and around the ear. David would have prescribed pain medication for you to use which can assist with this.

With 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 develop a mild - medium high-pitched ringing and dizziness for the first week.

Eating and Drinking

We encourage you to eat and drink as normal following your operation. Fluids are especially important to help you recover and to prevent dehydration. We recommend having some food prior to taking anti-inflammatory medications.

What Does My Operation Involve?

Myringoplasty and Tympanoplasty operations are performed under General Anaesthetic. They can take up to 120 minutes.

David will use a small graft taken from another area of the ear to close the perforation. David will make a small incision behind the ear, Infront of the ear, or he may be able to operate through the canal.

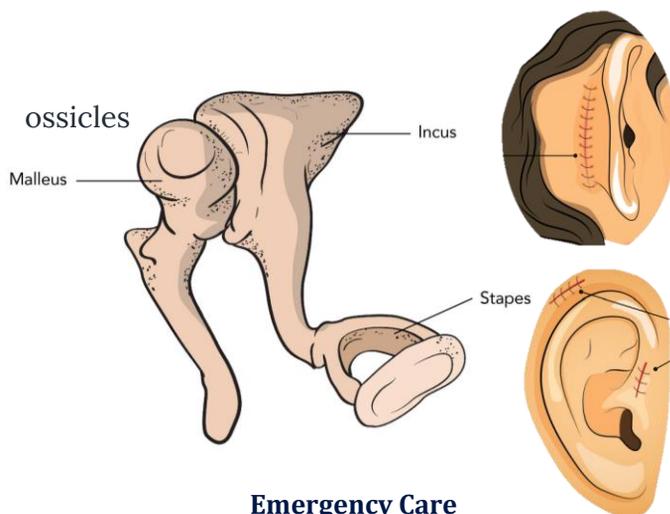
Depending on David's approach the new graft is laid on the underside of the eardrum (underlay graft) or directly on top of the eardrum (an overlay graft).

An absorbable sponge is used adjacent to the graft to keep it in place whilst your ear heals.

Once David has repaired the hole, he will close the incision with stitches and place packing inside the ear.

David may also perform a Canaloplasty. This is the removal of bone from the external ear canal. A canaloplasty widens your ear canal so David has better access to the perforation.

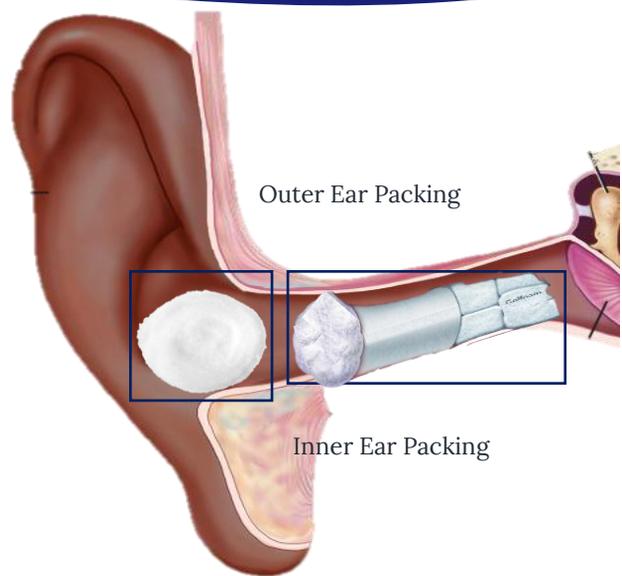
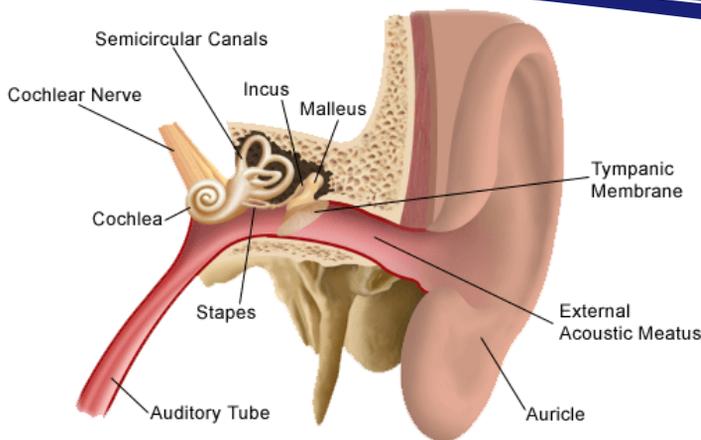
If you are having Tympanoplasty surgery, David will also check your hearing bones called ossicles. He may remove some bone if needed and can rebuild them with Cartilage or a graft.



Emergency Care

If you are in severe pain, have a fever greater than 38 degrees or have bleeding consistent for 10 minutes or longer, please phone us on 09 55 33 781.

If we are unavailable or you have phoned out of clinic hours, please present acutely to your nearest Emergency Care Facility or Hospital. We have 24 hours on call ENT care at Whangarei Hospital where David and his consultant colleagues share the on-call duties. If you live in the mid/far north present to Kawakawa or Kaitia hospitals for review



Activities After Your Operation

- **Exercise:**
Avoid exercise within the first two weeks after your operation.
You may resume light activity / eg; walking, jogging, low gym weights within 2 - 4 weeks after surgery.
At 4 - 6 weeks, you can increase weight training and sporting activities e.g.; Heavier weights,

By resuming regular gym / sport within the first 2 to 4 weeks of your surgery, you may elevate your blood pressure and induce swelling.
- **Swimming / Bathing:**
Avoid Swimming, diving and any bathing where water may get into the ear.
At your 3 week appointment David can advise when you can swim again.
Do not get water in or down the ear canal for 6 - 8 weeks or until the ear is completely healed.
- **Flights / Travel:**
We recommend against flying for 6 weeks. A sudden change in air pressure can cause pain and re-perforate or damage the ear.
- **Sports:**
Do not participate in contact sports for the first 3 weeks after your operation. David can advise when you may resume playing sports.
- **Manual Equalising:**
Your ear will feel blocked for up to 3 weeks. This is normal. **Do not manually equalise your ears.** This is done by holding your breath and nose, then blowing out through your nose causing your ears to 'pop'.
- **Blowing your nose:**
You may do this very gently. We recommend avoiding blowing your nose, however, if you do fall unwell and need to blow, do not blow hard or quickly.

Post-Operative Care Of Your Ear

The bandage around your head can be removed between 24 & 48 hours. If you find the bandage too tight, it can be loosened.

Deep packing is placed in your ear, and this will be removed by David at your 3-week post-operative appointment.

You will have reduced hearing in your operated ear due to the packing.

You may replace the cotton wool from the outer area of the ear if becomes blood-stained. A small amount of bleeding is normal in the first week.

Post operative clinic follow up

- 3 weeks - for packing removal
- 6 weeks - please arrange a new forma hearing test prior to this review.

Rest And Recovery

You will require at least 2 weeks off work or school. If you require both well hearing ears you may require 3 weeks off work, or until the packing has been removed.

Please let us know if you require a medical certificate and our team email one from you.

Cleaning And At Home Care

Please Keep your ear as dry as possible. The most important thing to remember is stop keep water from entering the ear.

We recommend avoiding water activities for at least 6 weeks after Surgery.

When changing the 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 ears or pull on your ear if it becomes itchy.