



Surgical Day Care Unit

What to do after your child has had a Myringotomy / Tympanoplasty / Mastoidectomy.

Discharge information for parents and carers

This fact sheet aims to provide you with information about how to care for your child once you are at home.

Most children appear to be alert and active after they are discharged from hospital. However do not be surprised if your child complains of feeling dizzy or being tired. Your child may feel dizzy and uncoordinated for the next couple of days.

For the next 24 hours

- **you should** encourage your child to rest
- **you should** make sure your child's activities are supervised by a responsible adult
- **do not** let your child ride a bike
- **do not** let your child take part in any outdoor activities
- **do not** give your child any fizzy drinks
- **do not** give your child hard to digest foods such as chips, burgers.

Your child may complain of having a sore throat, hoarseness, muscle ache, or pain following an anaesthetic. You can give your child paracetamol. **Do not exceed the recommended dosage for your child's age**

All advice regarding medicines will be given to you when your child is discharged.

What to do if your child starts to vomit

If your child vomits on the way home or when you get home, do not be alarmed. Do not give your child anything to eat or drink for one hour. After that, you can start giving your child a small amount of water or juice. Then gradually start to increase the amount of fluid you give to your child. Once your child can keep fluids down you can begin to give them a light diet.

If the vomiting continues, please contact your GP out of hour's telephone number or your nearest Accident & Emergency Department.

Your child has had a Myringoplasty / Tympanoplasty / Mastoidectomy. Here is some advice and guidance for you to continue to care for your child at home.

- Please observe the wound behind/in front of your child's ear. If the wound becomes very red, angry looking, swollen or if it has discharge please contact the ward.
- Your child may return to school after one week after giving the wound time to heal, unless your child's surgeon advises you differently.

- Your child has a dressing inside their ear. This will be removed in clinic in approximately two – three weeks' time or in theatre under a short general anaesthetic. We will post an appointment letter to you. If you have not received the appointment letter before the estimated date for the dressing change please contact the ward.
- The dressing in the ear is covered in an antibiotic cream and this may ooze from the ear (sometimes it can be blood stained). Replace the cotton wool in the outer ear whenever it becomes wet with fresh cotton wool. It is normal for this discharge to continue for a few days following the removal of this dressing.
- If the dressing starts to come out do not pull out further or poke it back in. Using a clean pair of scissors trim the dressing as close to the ear as possible. If the dressing falls out completely please contact the ward.
- To give the graft a chance to heal properly in your child's ear it is important that your child does not take part in any sports, does not run around at home or at break times at school. It is advisable to send a letter into school to ensure your child doesn't take part in any activities for six weeks in case they dislodge the graft.
- Activities to avoid include travelling by plane and swimming for at least six weeks following surgery.
- Your child may report pain from their ear. Please follow the instructions given to you on discharge regarding medication times and dosages or follow the manufacturers medication instructions.

Who to contact if you have any worries

0151 252 5557 / 0151 282 4509 Surgical Day Care Unit Monday to Friday 7.00 am -
7.00 pm

0151 252 5447 Ward 3A 24 hours 7 days a week

This fact sheet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this fact sheet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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