

Contact the ward

If you have any worries at all about your surgery please phone the ward that you had your surgery on:

St Helens - Sanderson Suite on 0174 464 6098

Whiston - Ward 4B on 0151 430 1637

Southport - 01704 705 227

Ormskirk - 01695 656 885

Please do not return to the ward before seeking advice from a member of nursing staff.

You may be given an outpatient appointment before you leave hospital or this may be posted to you.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Southport Hospital
Town Lane, Kew,
Southport, Merseyside,
PR8 6PN
Telephone: 01704 547 471

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

www.MerseyWestLancs.nhs.uk

Ear Surgery

Patient discharge information

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Examination Under Anaesthetic (EUA) - You will be given a general anaesthetic, which will put you to sleep for this procedure. This allows the surgeon to have a detailed look at your ear while you are asleep.

Myringotomy - A small hole is made in the ear drum to allow any fluid to be drained out.

Grommets - A grommet is a small white tube which is shaped like a bobbin. It is placed into the hole (myringotomy) to keep the hole open and help ventilate the middle ear. Grommets do not cause pain and are usually not visible in the ear. They stay in for 6 to 12 months and are slowly pushed out by the ear drum until they fall out on their own. When they do fall out, they are often lost in bedclothes or clothing and are usually not seen.

T-tubes - T-tubes have the same purpose as grommets but are shaped like the letter 'T,' which means they stay in the ear longer. T-tubes usually stay in the ear for 2 to 3 years and must be removed by surgery.

Risks & complications - The most common complication of grommet insertion is infection in which a runny, sometimes painful or bloody ear occurs. This can usually be dealt with by antibiotics or eardrops. The risk of grommets causing permanent damage to the ear is very small. They can sometimes extrude and the eardrum fails to heal (eardrum perforation). This often happens in patients who have had multiple grommet insertions.

- **Pain relief** - Discomfort after a minor ear operation is usually mild. If you need pain relief, it is best to take simple analgesia such as Paracetamol-based products. Always read the instructions on medicines carefully.
- **Oozing from the ear** - It is normal to have a slight discharge of blood from the ear during the first 24-48 hours after the operation. This usually stops on its own and does not need treatment. If the discharge continues, seek medical advice.
- **Bathing and washing your hair** - Try to keep water out of your ear as it can cause pain. When washing your hair, smear cotton wool with Vaseline and gently place it in your ear. Be sure to remove the cotton wool after.
- **Swimming** - It is best to avoid swimming until your next outpatient appointment. If this is a problem, ask your surgeon for advice. When you are able to swim avoid diving underwater as the pressure changes in the ear may cause the grommet to become dislodged.
- **Eating and drinking** - You may eat and drink as normal once you return home.
- **Work/Education** - Do not return to work/ school for 48 hours. This will help:
 - The anaesthetic to wear off.
 - You to adjust to the changes in noise levels comfortably.

You may feel tired after returning home and this can last for a few days. Allow yourself to recover from your operation at your own speed.