

GUIDELINES FOR CLIENTS LEAVING HOSPITAL FOLLOWING

OPERATION: MYRINGOTOMY & INSERTION OF VENTILATORS UNDER ANAESTHETIC

CONSULTANT: _____

NAMED NURSE: _____

Going home after a General Anaesthetic:

You have had a General Anaesthetic. You will be discharged home when you feel confident and when the nurses are happy that you:

- Can walk steadily around the ward**
- Are reasonably comfortable with no excessive pain**
- Are not feeling sick**
- Are able to pass urine**
- Have had drinks and some food without being sick.**

When you go home here are some simple things to remember:

Your judgement and reactions may still be affected by the Anaesthetic.

On your first day at home you should not take part in activities such as heavy work like gardening, work involving bending down or swimming.

It is advisable to take pain relief drugs as necessary for the first 48-72 hours as prescribed.

Guidelines for leaving Hospital following Myringotomy & Insertion of Ventilators under General Anesthetic:

Ventilators are small tubes about 2mm in diameter which assist the ventilation of the middle ear. They are usually inserted in adults to:

- a) Improve the hearing if glue ear is diagnosed
- b) Relieve pain associated with infection

After insertion of ventilators, the ears should be kept as dry as possible. Cotton wool smeared with Vaseline and placed in the ear will protect when washing hair.

Swimming may be allowed with the use of ear plugs 2 weeks after the operation. It is recommended that if swimming is permitted the head should be kept above water as much as possible. So diving, jumping in and swimming beneath the water are best avoided.

There may be some mild blood stained discharge from the ear which should settle within 3 days. If the discharge continues after this time contact your own doctor who will advise you and may prescribe antibiotic treatment.

You will be reviewed at the ENT Department as an outpatient in approximately 3 months after the operation.

A discharge letter will be supplied. Please take this to your own doctor.

If you have any concerns during your recovery period you may contact the following Telephone Number, where you will receive specific ENT advice: **Tyrone County Hospital ENT Ward: 048 82833107.**