

### WHAT TO EXPECT

#### **Fatigue**

The general anaesthetic, surgery and medications may cause you to feel fatigued.

#### **Pain**

There should be minimal post-operative pain.

#### **Head Dressings and Wounds**

The only external dressing will be a cotton wool ball in the outer ear canal.

Discharge from the ear is usually minimal but may be blood stained. It usually settles within 24 hours. The ear canal will be filled with dissolvable packing material which will be removed at follow up appointments at various stages.

**Please do not remove the internal ear canal packing** (except the cotton wool which can be changed as often as necessary). The ear should be kept dry until the wounds have all healed (about 4 weeks).

#### **Dizziness**

The prosthesis used to reconstruct your hearing is placed in the inner ear. This area shares fluid with the balance organ (the vestibular system), and it is common to feel some dizziness for the first couple of days. It generally settles after the first night. It is recommended to stay fairly flat (lying in bed) for the first few hours after the procedure and then begin gentle mobilization. If there is prolonged dizziness (vertigo) following the first few days, then please inform the rooms for advice.

### WHAT TO DO

#### **General Care**

No strenuous exercise or heavy lifting for 2 weeks. Begin gentle exercise after this period, after your first follow up. No water entry into the ear canal until review. No swimming during this period. When showering, use cotton balls mixed with Vaseline and throw away after each shower. This is preferable to re-usable ear plugs which can cause infection. Avoid nose blowing as much as possible and sneeze with open mouth to avoid excess pressure in the middle ear. No flying for 6 weeks. Please discuss with Dr. Saxby if flying in the early post operative period. Scuba Diving is not recommended for patient who have undergone this surgery. This can be discussed in more detail with Dr. Saxby.

#### **Fluids and oral intake**

It is important to drink fluids and stay well hydrated in the post-operative period.

A normal diet can be consumed.

#### **Pain relief**

You will be prescribed appropriate pain medication (analgesia) and instructions will be given in terms of timing of medication but generally regular pain relief for the first 24 - 48 hours is appropriate followed by pain relief only when necessary.

#### **Bleeding**

In the event of significant bleeding (generally anything over a teaspoon or continuous bleeding) please seek urgent medical assistance, either by contacting the rooms or attending the nearest public hospital with an emergency department. This is a very rare occurrence.

**Hearing following your surgery**

Hearing WILL be muffled after your surgery. The presence of the packing within the ear canal will always muffle the hearing, so please do not be alarmed. As the packing comes out, the hearing should increase but it usually takes a minimum of 6 weeks before any real indication of the post-operative hearing result is known and even then improvements may still occur over the following weeks. You may hear crackles and “pops” during the first few weeks. This is normal and usually settles by the time of your first post-op visit. A post-operative audiogram will be organised when the surgery has all healed.

**Post Operative Appointment**

Post-operative follow up will be organised for 2 weeks after surgery to check progress. Usually some of the ear canal packing will be removed at that time. Further follow up will be organised accordingly.

**IMPORTANT INFORMATION**

Attend your nearest Emergency Department for serious complications e.g bleeding or prolonged vomiting or drowsiness.