

Health education Number: ENT-101

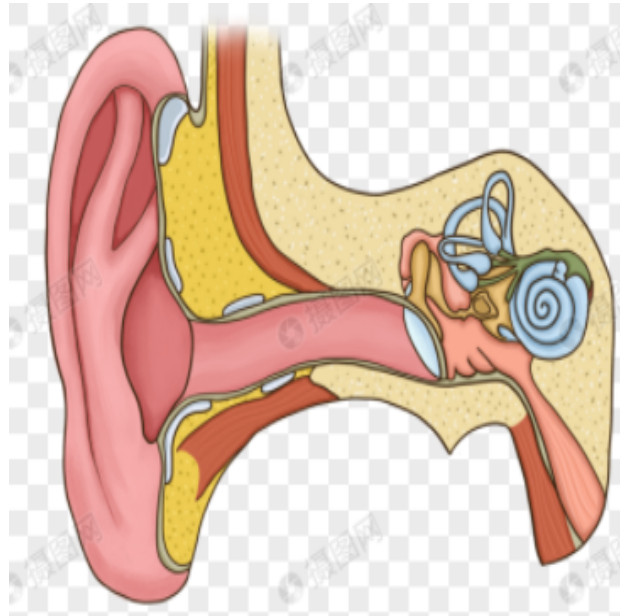
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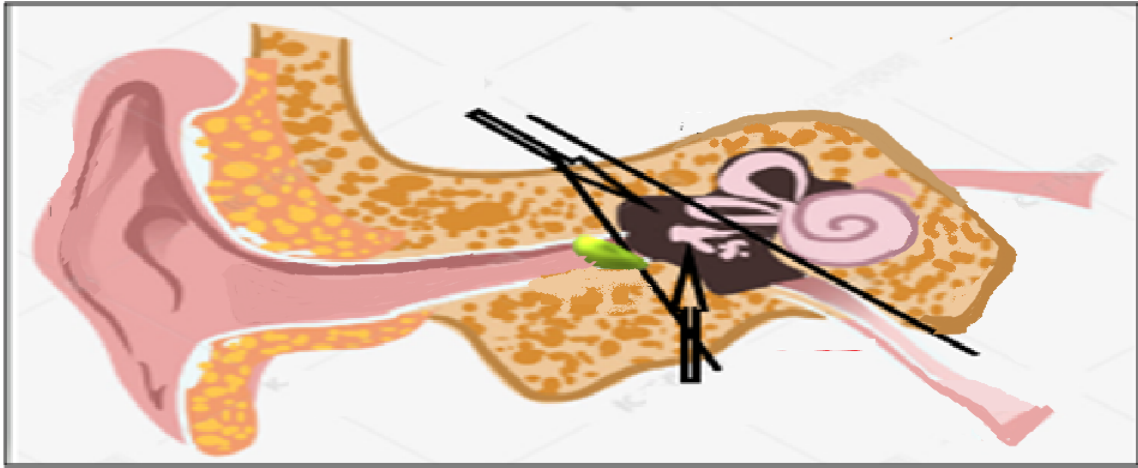
MIDDLE EAR SURGERY CARE EDUCATION



To deliver intelligent and holistic medicine and to provide the best healthcare
Compassion Quality Innovation Accountability

All information above has been reviewed by ENT specialists
Edited and published by the Department of Nursing,
Taichung Veterans General Hospital

1. Surgery summary/ anatomy




Our ears, allow us to hear and keep balance, have three parts:

(1)The outer ear, which includes the auricle and the ear canal. The ear cannal goes inside to the eardrum. The medical term for eardrum is tympanic membrane.

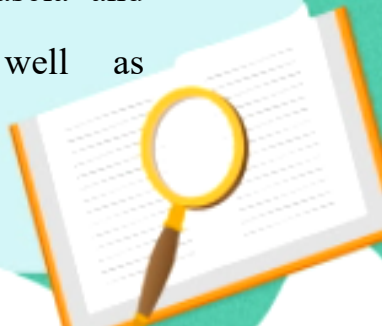
(2)The middle ear, which is made of three small bones called the ossicles, facial nerve and E-tube, etc.

(3)The inner ear or the cochlea.



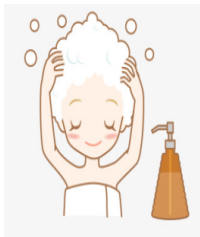

A common disease such as chronic suppurative otitis media, it can lead to perforation of eardrum, conductive hearing loss, or cholesteatoma , then it may require surgery to repair the damage of the eardrum or ossicles, to reconstruct the hearing and prevent further infection.



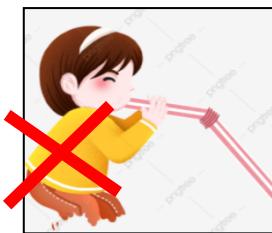
The Procedure of repairing the eardrum with the subcutaneous tissue, cartilage or fascia and remove the inflamed tissue as well as reconstructing the ossicular chains...etc.


A graphic illustration with a teal background. On the left is a realistic illustration of a human ear. On the right is a magnifying glass with a yellow handle and frame, positioned over an open book with white pages and black text. The text in the center of the graphic describes the procedure for repairing the eardrum.


2. Preoperative Instruction


 <p>Surgical and anesthetic Consent Form must be filled out completely before surgery.</p>	 <p>Don't eat or drink anything for 6-8 hours before surgery <u>under general anesthesia.</u></p>
 <p>Please shampoo your hair before surgery.</p>	 <p>Using Prophylactic antibiotics can effectively prevent postoperative infection</p>


3. Postoperative Instruction



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At the ward, your nurse will inform you the time when to start eating. You can eat soft diet, but **avoid drinking from a straw.**
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Rinse your mouth with water after eating and keep your mouth fresh and clean.
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Lying on opposite side of the wound. Compression over the wound should be avoided.
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The surgeon will place the cotton ball in the ear canal or wound will be wrapped with elastic bandage which will be remove after 2 to 3 days. Your nurse will place the cotton balls inside the ear canal to absorb excess discharge, change the cotton balls daily if it get wet or dirty.

Keep the wound dry; stitches are usually removed in the outpatients departments 1-3 weeks after surgery.



♥ You may hear a strange noise in your ear such as gurgling. This is part of the normal healing process. **Do not insert a cotton swab into the ear canal** or take out gelfoam from it. Your surgeon will remove the gelfoam 1-3 weeks after surgery.



♥ It is a normal symptom to have hemoptysis, tingling or itching sensation inside the ear canal.

Don' t worry

♥ You may feel dizzy when you get up from bed after surgery. Rest as much as possible after the surgery. Get up from a lying position slowly, stay seated for a few moments before standing, and asking for assistance.

♥ If you notice any symptoms of redness, discharge, swelling, or ear pain, you should visited the doctor as soon as possible.



♥ Be sure to talk to your doctor before airplane travel and mountain climbing.

4. The prevention of complications



Keep the wound clean and dry.

When showering or washing your hair, place a piece of cotton coated with antibiotic ointment into the ear. Apply the ointment over the suture. Removing and reapplying the ointment after showering.



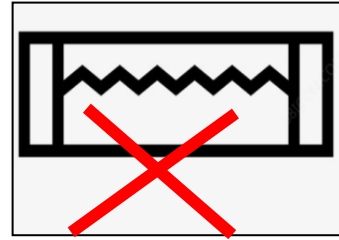
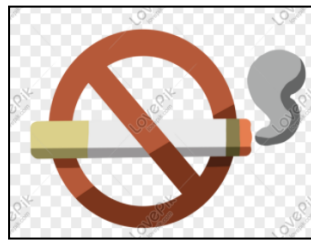
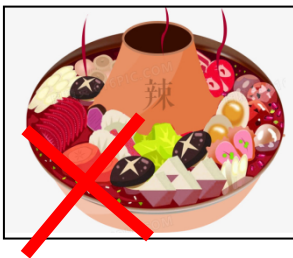
The doctor will prescribe this ointment for you to take home and apply.



Avoid visiting crowded or public places to prevent yourself from getting the cold or flu.



Avoiding irritating foods such as cigarette, wine, coffee, strong tea and spicy food...etc; do not chew betel nut, gum or other hard foods to prevent the wound from bleeding.



2 weeks after surgery, Do not lift heavy stuff. You should avoid heavy physical labor and lifting.



Do not completely covering your mouth and nose. If you have to sneeze, open your mouth and let the air pressure go out of your mouth.



It's a good habit to have a bowel movement regular. Avoid holding your breath and straining to defecate.

5. Conclusion

Otitis media can be divided into acute and chronic, and the condition can be mild or severe. If not treated early, it may permanently affect hearing. To cure otitis media, in addition to medication, early surgery to deal with water accumulation, eardrum repair, or "mastoidectomy" to deal with cholesteatoma are the keys to saving hearing.

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Let's take an examination to confirm you fully know the content of health education.

1. After middle ear surgery, lie on the side without surgery or lie on your back to avoid compressing the wound.

Yes No Don't know

2. After surgery, it is a normal symptom to have hemoptysis, tingling or itching sensation inside the ear canal.

Yes No Don't know

3. You could use cotton swabs to clean the ear canal after surgery.

Yes No Don't know

4. After discharge, if you have any symptoms of ear pain, redness, swelling, or purulent discharge, you should visited the doctor as soon as possible.

Yes No Don't know

5. Avoid touching the wound with water and keep it clean and dry.

Yes No Don't know