

DISCHARGE INFORMATION CANALOLASTY

Dressings and wound care

Your ear may feel uncomfortable after surgery, which may last for 3 weeks, or generally until the ear pack is removed. The ear pack itself is yellow. You may have a bloody discharge which may be red/yellow to start with, turning brown over the week. It usually smells like antiseptic. This is normal so please do not worry.

Change the cotton wool covering the ear pack as it becomes soiled or at least daily. You may keep your ear dry. We recommend that you place some cotton wool smeared in Vaseline just inside your ear before washing your hair and showering.

If you experience severe pain and/or redness of the ear and stitch line and if the discharge gets worse, please contact the office for advice.

Returning to normal activities

Time off work We advise you to take a minimum 7 days off work.

Do not drive for at least 48 hours after your operation and until you feel able to perform an emergency stop.

You should not go swimming or take part in water based sports for four weeks post surgery.

The anaesthetic drugs remain in your body for 24 hours.

For 24 hours you should:

- Ensure that a responsible adult stays at home with you for 24 hours.
- Rest quietly at home for the rest of the day - go to bed
- Drink plenty of fluids, but not too much tea or coffee.
- Eat a light diet eg. soup or sandwiches. Avoid greasy or heavy food as this may cause you to feel sick.
- Lie flat if you feel faint or dizzy.
- Have a lie-in the next day. It could take 2 - 3 days before the weariness wears off and you could suffer lapses in concentration for up to a week.
- Not Drive
- Operate any domestic appliances or machinery.
- Drink alcohol.
- Be responsible for looking after small children.
- Watch too much television, read too much or use a computer.