

WHAT IS A MASTOIDECTOMY?

A mastoidectomy is the removal of infected bone cells. It involves making an incision behind the ear to drain the middle ear.

WHAT HAPPENS BEFORE SURGERY?

Certain diagnostic tests may be organised prior to your surgery, if necessary.

Generally speaking patients are admitted to the hospital on the day of surgery.

You will need to FAST (have nothing to eat or drink) 6 hours prior to your admission to hospital.

We advise that you do not smoke at least one week prior to surgery to help prevent complications developing from your anaesthetic and surgery.

HOW LONG WILL I BE IN HOSPITAL?

You will stay overnight and be discharged home the following day around midday as long as you are comfortable.

WHAT SORT OF ANAESTHETIC WILL I HAVE?

You will be given a general anaesthetic to put you to sleep.

Any questions you have about your anaesthetic will be answered prior to your surgery by the anaesthetist.

WHAT HAPPENS TO ME AFTER SURGERY?

- You will feel drowsy for up to 4 to 6 hours after surgery and may require some oxygen applied until fully awake.

- You may experience nausea and vomiting. The nursing staff will give you medication to control this.
- You may feel dizzy initially following the operation and may require a nurse to assist you to walk for the first few hours after surgery.
- You may feel some soreness as the anaesthetic wears off and pain relieving medication is available should you require some. If you have any discomfort be sure to ask the nursing and medical staff for some pain relieving medication.
- You will be able to eat and drink once you are fully awake and alert which is usually about four hours following your return to the ward. In the mean time you will have an intravenous drip in your arm to ensure you do not become dehydrated.
- A head bandage will be over your ear after surgery, which will need to remain on until the next morning.
- Inside your ear there will be a small pack as well as a cotton wool ball on the outer aspect of your ear, this will need to remain in place until your post operative outpatient appointment.

WHAT WILL HAPPEN WHEN I GO HOME?

- You will be discharged home when your nausea and dizziness has resolved which is usually the next morning.

Wound Care:

- The ear pack will remain in between 1 to 4 weeks. You will need to gently place a clean cotton wool ball on the outside of the ear each day.

- Do not remove packing from the ear, this will be done by the doctor at your outpatient appointment.
- You must keep the ear and surrounding areas dry. Have a bath rather than a shower and strictly NO SWIMMING.
- Do not attempt to clean the ear or put any object or substance into the ear.
- Do not lie on your side, which has been operated on, at night.

Activity Limitations:

- You will need to avoid sudden changes in air pressure, for example, no flying, or riding in fast elevators (lifts).
- Avoid loud noises as well as sudden movements, for example, moving quickly from a lying to a standing position.
- Avoid any heavy lifting or strenuous activity.
- Avoid coughing, nose blowing and sneezing, (if sneezing occurs keep your mouth open).
- Avoid straining during a bowel motion and use a laxative if necessary.

Pain Relief:

Take Panadol/Paracetamol or Panadeine as directed after discharge for pain control.

DO NOT TAKE ASPIRIN/DISIRIN

Return to Work:

Usually you will require 1 to 2 weeks off work after this procedure. The doctor will advise you on a reasonable date for return to work, which often depends upon the type of work you do. If you require a medical certificate please ensure to obtain it prior to your discharge.

