

## ENT – Repair of a hole in the ear drum (Myringoplasty)

### Introduction

This document is for people who have been seen and assessed by the ENT team in Hereford as needing surgery to repair a hole in their ear drum. You will have already been seen by a doctor and your name added to the waiting list.

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

### Guidance for Patients

To reduce the risk of infections try to keep your ears dry. Do not submerge your ears in water (e.g. when having a bath). When having a shower reduce the amount of water entering your ear by placing a Vaseline soaked cotton wool ball in the outside of the ear. Swimming should generally be avoided but some patients can sometimes do this by using a specially made ear mould and swimming cap, please ask us for more advice if needed.

If while waiting for your procedure you developed persistent ear discharge then please contact your GP as these can be treated with a short course of ear drop antibiotics. In the unlikely event you became unwell then please call NHS 111.

### What should I do if my health is deteriorating?

#### Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

#### Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

#### GP surgeries are still open

If you experience an increase in pain, you should in the first instance contact your General Practitioner for review and advice.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

## **My Planned Care Patient Information Platform**

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most

appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.