Hampshire Hospitals NHS Foundation Trust

Ear, Nose and Throat (ENT) – Repair of Eardrum

Introduction

Otolaryngologists (commonly referred to as ENT surgeons) deal with the diagnosis, evaluation and management of diseases of head and neck and principally the ears, nose and throat.

Your consultant will discuss with you at your outpatient appointment is you require surgery to repair your eardrum.

Guidance for Patients

Whilst you are waiting for your eardrum repair do not put anything in your ear, such as cotton buds or eardrops (unless a doctor recommends them), do not get water in your ear – do not go swimming and be extra careful when showering or washing your hair, try not to blow your nose too hard, as this can damage your eardrum further, hold a warm flannel against your ear to help reduce any pain, take painkillers such as paracetamol or ibuprofen to relieve pain if you need to (do not give aspirin to children under 16)

Guidance for Patients

For any adults waiting for their procedure, it is important to maintain a healthy lifestyle.

Health Lifestyles – We are here to help you and offer different levels of support to maintain a healthy weight and to stop smoking including telephone support, virtual and app-based support options.

Stop Smoking Service - https://www.smokefreehampshire.co.uk/. The stop smoking service provides a range of options to help you quit including support from an advisor, stop smoking medications, e-cigarettes and a digital offer for those who wish to quit by themselves.

If you are not ready to quit just yet but would like more information on how to protect your family, **Smoke Free Homes**, advises on how to make your home and car smoke free.

Weight Management Service - www.shapeup4lifehampshire.co.uk. The service supports adults aged 18 years or over who want to lose weight and have been identified as obese.

Find out your BMI

You can get help to lead a healthier lifestyle if you're an adult (18 years or over) living in Hampshire (but not Southampton or Portsmouth) and your body mass index (BMI) is above average. Use the NHS calculator to find out your BMI. If it's too high, sign up for a programme that will help you lose weight.

BMI of 30+.

If your BMI is 30 or higher, you qualify for free support from Shapeup4life Hampshire.

BMI of 28+

This information has been reviewed and approved by Hampshire Hospital NHS Foundation Trust's chief medical officer, Dr Lara Alloway.

You can get free support from Shapeup4life Hampshire if you haven't paid to attend sessions with a commercial weight management provider in the last three months, and at least one of the following applies:

- you have Type 1 and 2 Diabetes or Metabolic Syndrome.
- you have problems with your heart, circulation, hypertension or high blood pressure.
- you have been diagnosed with anxiety/depression.
- you need to lose weight before receiving another medical treatment or surgery.
- you have a serious long-term health condition that is adversely affected by your weight such as muscular skeletal disorders (back pain, mobility issues) and asthma.
- you're from a black or ethnic minority background.

Learn more and sign up with Shapeup4life Hampshire

BMI of 25+

If you have a Body Mass Index of 25 or higher, the NHS Weight Loss Plan will help you start healthier eating habits, be more active, and start losing weight.

The NHS 12 week fitness plan will support your weight loss plan as well as improve your health. This is aimed at beginners and will help get you into the habit of regular exercise over the course of the programme. It is structured but flexible enough to allow you to fit the exercise sessions around your other weekly commitments.

Healthy eating and being active

Information and advice on healthy eating and becoming more active is available from:

- One You Eat Better (website) - includes Easy Meals app for healthy meals and the Change4Life Food Scanner to help reduce levels of sugar in your diet.
- Better Health - Get Active (website) - includes tips on getting active for all, including the downloadable Active 10 app, as well as tailored advice for those living with a long-term condition.
- Sugar Smart is a campaign to raise awareness of hidden sugars, recommended levels and healthy alternatives by encouraging individuals, groups, businesses, schools and organisation to join the campaign and make a pledge. To find out how you can join in, become sugar smart and make good choices about what you, your family, colleagues eat.

What should I do if my health is deteriorating?

It is important to advise us if you have a chest infection or tonsillitis before your admission date because it may be better to postpone the operation. It is very important to tell us if you have any unusual bleeding or bruising problems, or if this type of problem might run in your family.

Urgent Health Advice

This information has been reviewed and approved by Hampshire Hospital NHS Foundation Trust's chief medical officer, Dr Lara Alloway.

My Planned Care Patient Information Platform

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. 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

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic and 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.

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.

A list of GP practices with relevant contact details are available on the following website: https://www.nhs.uk/Services/Trusts/GPs/DefaultView.aspx?id=163127

Contact Us

Please direct any My Planned Care enquiries to myplannedcare@hhft.nhs.uk or 01962 825 616.

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