

EAR, NOSE and THROAT (ENT) – Repair of Eardrum

Introduction

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 can support yourself while waiting to attend the hospital. The guidance has been written in consultation with clinicians who are responsible for your care.

Guidance for Patients

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.

While you are waiting for your operation to repair your eardrum it is important not to put anything in your ear, such as cotton buds or eardrops, unless a doctor recommends them. You should also not allow water to get in your ear so 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, and you can also take painkillers such as paracetamol or ibuprofen if you need to.

It is also important to stay as healthy as you can both physically and mentally. That will help you get the best results in the long term. If you have any long-standing conditions such as high blood pressure you should get this regularly reviewed at your GP surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment. Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker or drink heavily, it would be advisable to seek support to help with stopping.

The NHS website has lots of tools and support to help with the above, all of which are good for your health generally, but if you are due to have an operation, they can also help you to recover more quickly from it.

For help and support with losing weight visit: www.nhs.uk/better-health/lose-weight/

For advice on eating well visit: www.nhs.uk/live-well/eat-well/

For help and support with getting or keeping active visit: www.nhs.uk/better-health/get-active/

For help and support with quitting smoking visit: www.nhs.uk/better-health/quit-smoking/

For help and support with drinking less alcohol visit: www.nhs.uk/better-health/drink-less/

My Planned Care Patient Information Platform

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. 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.

Contact Us

ENTsecretaries@somersetFT.nhs.uk and 01823 344401