

MR MICHAEL L. GORDON
MBBS (Hons), FRACS

EAR, NOSE AND THROAT,
HEAD AND NECK SURGEON

ADULT AND PAEDIATRIC E.N.T.
RHINOPLASTY
SNORING AND SINUS DISORDERS
EAR DISORDERS
ACOUSTIC NEUROMA
BONE ANCHORED HEARING AID
IMPLANTS (BAHA)

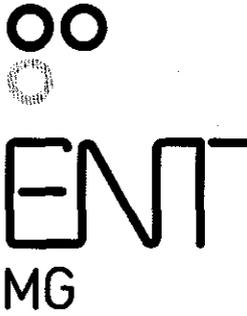
INSTRUCTIONS FOR PATIENTS FOLLOWING

MYRINGOPLASTY, TYMPANOPLASTY, MASTOIDECTOMY OR STAPEDECTOMY

These operations are done either to repair a hole in the eardrum, to improve hearing, eliminate chronic ear infection or remove cholesteatoma. The operation may be done through a cut behind the ear or via the ear canal with or without an incision. The stitches may be self dissolving or may need removal.

- Try to avoid sneezing, coughing or vigorous nose blowing, bending over or straining. If unavoidable sneeze or cough with the mouth open.
- Mild pain can be expected and depends on the extent of the operation. It should respond to standard or Paracetamol preparations.
- It is important to keep the ear dry. Care should be taken with hair washing.
- The ear is usually packed with special antibiotic gauze or dissolving sponge which should be left alone. The cotton wool on the outside of the ear may be changed. A small amount of sometimes blood stained discharge may be noticed.
- Increasing pain, skin redness, dizziness may require treatment. Please contact my rooms if you have any concerns - Ph 9527 2888. In emergency Page 9387 1000
- Before discharge from hospital you will be given a post operative appointment.

Patient should not travel interstate or by air for 3 weeks after surgery.



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Patient Information and Discharge Instructions Following Nasal Surgery

If you have had an operation on your nose you may require a pack in your nose to prevent bleeding. These packs will remain in place for 24 hours and will be removed by either the surgeon or the nurse after this time.

While the packs are in place you will NOT be able to breathe via your nose
It will be helpful during and after this time to:

- * Use frequent mouth washes as your mouth will be quite dry
- * Change the gauze pad under your nose as frequently as necessary
- * Drink cold or lukewarm fluids
- * Avoid exertion
- * Avoid hot showers, keep them cool to warm

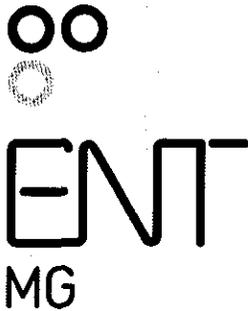
After removal of your nasal packs:

- * You must remain resting for 1 – 2 hours
- * Report any increase in swallowing to the nurse as this may indicate some bleeding
- * You can blow your nose gently only
- * Do not have a hot shower as this may cause bleeding
- * When bending down, bend at the knees and try to keep your head upright
- * Sneeze with your mouth open to decrease the pressure in your nose
- * Sleep upright if possible
- * Avoid constipation
- * Avoid hot drinks for two days
- * **Patients should not travel interstate or by air for 3 weeks after surgery. You will have nasal obstruction until the splints are removed at 10-14 days.**

Following Discharge:

If you experience any of the following:

- * Fever
- * Ongoing bleeding (fresh blood oozing)
- * Increased pain
- * ***Please call Mr Gordon - Pager : 9387 1000***



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Patient Instructions Following Grommet Insertion

Grommets are inserted into the ear drum to allow aeration of the middle ear to treat “glue ears”, recurrent middle ear infections or eardrum collapse. The grommet will naturally grow out usually some time between 6 months and 2 years after insertion. Occasionally more permanent tubes are inserted. Grommets are 1-2mm in diameter and are inserted into a small cut in the eardrum using the operating microscope.

- **Ear canals are to be kept dry at all times. If water gets into the middle ear infection may occur.**
- **When showering or swimming -**

Put cotton balls smeared with Vaseline into the ear.

or

Use ear plugs purchased from the chemist.

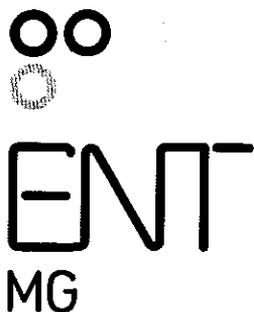
or

Put a large wad of Blu-tack around the area of the ear canal.

When swimming do not dive under water and wear a swimming cap over plugged ears.

- **Use prescribed ear drops three times per day for 48 hours after insertion if directed to do so.**
- **Expect some fluid or a small amount of blood from the ear canal within the first 12 hours after insertion of the grommets.**
- **Any discharge after that commence the ear drops again and call my rooms for a review appointment.**

Pain after this procedure is uncommon and should resolve with paracetamol.



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Instructions For Patients Following Tonsillectomy/Adenoidectomy/UPPP

- * **REST** - You should rest in bed for 2 - 3 days. You may then may get up but remain indoors for the next 3 - 4 days. Normal activities may be resumed after 10-14 days.
- * **GENERAL CARE** - Antiseptic mouth washes/gargles may be helpful.
- * **SORE THROAT** - This is common for up to 7 days. Paracetamol with or without codeine should be taken regularly if required.
- * **DO NOT TAKE ANY OTHER PAIN MEDICATION besides paracetamol and codeine mixtures unless discussed with Mr Gordon.**

White slough always occurs on the raw tonsillar beds and does not mean you have an infection. Expect pain to be worse 4 - 7 days post operatively

- * **EAR ACHE** - This is usually due to pain referred from the throat and does not mean you have an ear infection. However severe, prolonged ear ache should be reviewed.
- * **DIET** - A normal diet is encouraged post operatively. Cold foods are preferable initially. Extra fluid intake is recommended. It is important to maintain oral intake post operatively. Favourite foods and constant analgesics are often helpful.
- * **COMPLICATIONS**- If bleeding occurs contact my rooms or the hospital (or go to Casualty at the Alfred Hospital or Monash Medical Centre). It may be necessary to come back to hospital. There is a risk of bleeding up to 14 days post-operatively.
- * **APPOINTMENT** - A review appointment can be made before you leave hospital. This should be for 3 - 4 weeks post operation.
- * **ANTIBIOTICS** - Take these if prescribed.

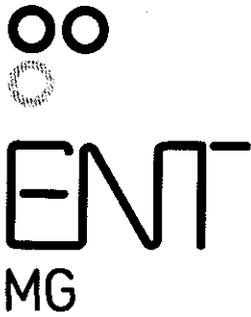
Patient should not travel interstate or by air for at least 3 weeks after surgery.

MASADA
MEDICAL CENTRE
26 BALACLAVA ROAD
EAST ST KILDA 3183
PHONE 9527 2888
FACSIMILE 9527 1045

GLEN IRIS PRIVATE
CONSULTING SUITES
1ST FLOOR
314 WARRIGAL ROAD
GLEN IRIS
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POST OPERATIVE INSTRUCTIONS FOLLOWING

MICROLARYNGOSCOPY

- ◆ VOICE REST FOR AT LEAST 10 DAYS.
- ◆ USE ANTISEPTIC GARGLES AS REQUIRED.
- ◆ A POST-OPERATIVE APPOINTMENT WILL BE MADE FOR YOU PRIOR TO LEAVING THE HOSPITAL.
- ◆ BIOPSY RESULTS WILL BE AVAILABLE WITHIN 2 - 3 DAYS OF SURGERY. PLEASE CALL THE ROOMS IF YOU WISH TO KNOW THE RESULTS PRIOR TO THE POST-OPERATIVE APPOINTMENT.