

## Physiotherapy Information

### Ear Reconstruction Surgery – A guide for patients, parents and carers

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### Why do I need to see a physiotherapist after my operation?

**Respiratory (lung) physiotherapy:** Following your operation you are at risk of lung problems due to having had an anaesthetic, pain / discomfort and not being as mobile as usual. To reduce the risk of this, we will teach you breathing exercises which you should carry out regularly throughout the day and we will encourage you to get out of bed as soon as possible.

You will also be given a Tri-flow (breathing device) at your pre-admission visit which helps you to do your breathing exercises. Please remember to bring this with you when you come in for your operation.

**Early Mobilisation:** Getting out of bed as early as possible will help prevent complications with your lungs, your digestive system, and help reduce pain/ discomfort post operatively.

It can be normal to feel a little sick or dizzy the first few times you try getting up out of bed, but each stage is taken slowly to allow this to pass.

**Exercises:** It can be very normal for your neck and shoulder muscles to become stiff following your operation. This happens if you are anxious about moving your head and neck. It is very important for you to get your muscles moving again as soon as possible. We will teach you the following simple exercises to help with this:



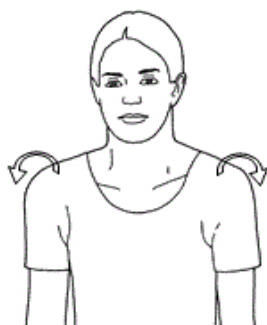
Bend your head forward until you feel a stretch behind your neck.



Turn your head to one side until you feel a stretch. Repeat to other side.



Tilt your head toward one shoulder until you feel the stretch on the opposite side. Repeat to other side.



Slowly roll your shoulders in both directions.



Lift your arm up letting your thumb lead the way

## What can I do to make Physiotherapy easier?

**Drinking / Eating:** Your appetite will be reduced and you may feel sick after your surgery due to your anaesthetic, discomfort and painkillers. Eating small amounts initially and increasing this as your appetite returns is crucial so that your medication has something to work on; this can reduce the feeling of sickness, give you energy and assist in the healing process.

**Sitting up in Bed:** Sitting up in bed following surgery, with the assistance of the bed backrest, can help minimize dizziness, aid digestion and improve respiratory health.

**Regularly getting out of bed:** It is important that you get out of bed on a regular basis and start to get back into a 'normal' routine for going home. As soon as you can you should be

sitting up for all meals and taking regular walks around the ward or nearby areas. Being up and about during the day will help with pain / discomfort, aid digestion and also improve night time sleep.

## **What should I continue to do when I go home?**

When you get home you should continue with the following:

**Neck / Shoulder Exercises:** Continue with the exercises you have been shown in the hospital as these should help reduce / lessen any stiffness that you continue to feel- it is usually helpful to continue with these for a further couple of weeks.

**Walking/sitting:** It is important to gradually build up your level of activity again once you are home.

If you have any other questions or concerns, please contact:

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