

MYRINGOPLASTY-TYMPANOPLASTY TYMPANOMASTOIDECTOMY Post-Op Instructions

- Take it easy for the first 2 weeks after surgery. We request that you avoid lifting anything heavier than 10 pounds for about 2 weeks after the surgery. You may drive, (usually after 2-3 days) unless you are dizzy. You may travel by plane, providing the plane has pressurized cabins, which most commercial airlines do.
- No nose blowing for 10 days. Any accumulation of secretions in the nose should be expectorated (or removed) through the mouth to avoid infection in the ear. If sneezing occurs, the mouth should be kept open. Avoid blowing up balloons or playing wind instruments for one month.
- Your ear should be exposed to air as much as possible. You may place a small piece of cotton in the outer ear canal during the night to prevent drainage on your pillow. You will have the small amount of absorbable gel packing in your ear that will dry up more quickly if the ear is exposed to air. Expect a reddish colored discharge that turns pink or brown in color. That is the dissolvable packing working its way out of the ear canal. (For mastoid surgery- if the Vaseline gauze packing would happen to extrude from the ear canal, you may cut the end off and gently insert the rest back in the ear canal.) Change the cotton ball periodically. It may smell a little like medicine. If there would ever be any foul smell to the canal, or any abnormal drainage, please call the clinic.
- Keep water out of the ear canal for at least one month. Water may cause an infection. Perspiration also may cause an infection. During hot weather, you may want to wear a sweat band.
- You may shampoo your hair after surgery, provided the water does not enter the ear canal. This can be avoided by placing a plug of cotton in the ear and applying Vaseline over the cotton. With absorbable gel foam packing in the ear canal, we do not recommend using ear plugs for the first month. Keep stitches clean and dry for 5 days.
- Your hearing may be decreased for about 3 weeks after surgery because of the packing in the ear. Until it dissolves, hearing may fluctuate (or come and go.) Do not be concerned as this is normal. We will test your hearing 4-6 weeks after surgery. The absorbable gel foam can clog the ear and also tends to cause itching as it dries up. It is OK to rub the front of the ear for relief from the itching, but DO NOT dig in the canal.
- There should not be much acute pain or discomfort. It is not uncommon to have a sharp, shooting pain that comes and goes. You may experience a lot of ear popping and crackling in your ear for several weeks after surgery. If the ear discharge turns yellow or green or has a foul odor to it, please call the office.
- Never hesitate to call the office if you have any questions or concerns. A nurse will be available to return your call during office hours.