



Tympanoplasty Post- Operative Instructions

What to expect:

- **Pain:** Pain is to be expected for 3-10 days after your procedure. Pain medications will assist with pain control but is not expected to take the pain away. Pain is expected to be the most intense on days 1-3. Using your pain medication every 4 hours will allow for the best pain control on these days. You should set an alarm to wake yourself up at night to take your pain medication so you do not wake up in intense pain.
- **Hearing loss:** At the end of the surgery your external ear canal is filled with an antibiotic ointment. This will cause hearing loss until this is removed at your first post-operative visit.
- **Tinnitus:** Ringing or buzzing in the operative ear is expected and is a consequence of the hearing loss caused by the ointment in the ear canal. This will resolve when the ointment is removed by one of our practitioners.
- **Constipation:** From a lower food intake and a side effect of pain medication. Taking daily prune juice, fiber or a stool softener (over-the-counter docusate sodium) can minimize this.
- **Bleeding:** The ear will bleed for 1-3 days. If the cotton ball in your ear gets bloody change it out with a clean one. Be sure to coat the cotton ball with Vaseline before you put it in the outside part of the ear. Do not force the cotton ball into the ear canal. You should put a towel on your pillow for the first few nights to keep bleeding off the pillow in case the cotton ball falls out.
- **Itching:** As the skin heals you may have episodes of brief sharp pain or itching in the ear canal. Please do not try to itch in the ear canal. The skin healing in the ear canal is at risk for being damaged in the first 1-2 weeks.
- **Flying:** Avoid flying in an airplane, as well as driving up and down steep hills/mountains, for at least 1 month following your procedure.

Post-operative Instructions:

1. **Itching/Ear Care:** Avoid strenuous activity such as heavy lifting and bending over as these activities will increase the likelihood of bleeding. Avoid blowing your nose, coughing and sneezing. If you need to sneeze do so with your mouth open. These activities put pressure on your ear drum and increase risk of re-perforation. Get plenty of rest. Do not get the ear wet. It is fine to shower but do not let water get into the ear. To do this, place a cotton ball in the outside of the ear with Vaseline on the cotton ball. Do not put anything down into the ear canal (the skin is trying to heal and damage to the skin may cause slower recovery/healing).
2. **Ear Dressing/ Drops:** Remove ear dressing 2 day after surgery and start ear drops. 5 drops twice a day for 7 days.
3. **Medications:** Take your pain medications as directed. DO NOT use multiple pain medications at the same time. You may use one every 4 hours. Take pain medications with food and DO NOT drink alcohol or drive while using pain medication. You may restart all other routine medications **OTHER THAN** Aspirin/NSAID's (Aleve, Advil, Motrin, Ibuprofen, Alka-Seltzer) three days after surgery or as directed by the doctor.
4. **General Anesthesia:** DO NOT drive for 24 hours or while taking pain medication, DO NOT drink any alcohol for 24 hours or while taking pain medication. DO NOT make any critical decisions for 24 hours. You must have a responsible adult stay with you for 24 hours after the surgery.
5. **Diet:** Eat and drink in small quantities for the first 24 hours. Start with liquids and advance to a regular diet as tolerated.
6. **Call Dr. Dent:** For a persistent temperature above 101.5 degrees or severe chills, nausea or vomiting, pain not relieved by oral medication, difficulty breathing, ear bleeding that persists after 3 days or profuse bleeding.

Prior to your surgery the scheduler should have called in your medications and scheduled your first post-operative visit.

If unable to reach your physician with an urgent or severe problem, call 911 or go to the nearest emergency room.