POST-OP TYMPANOPLASTY SURGERY INSTRUCTIONS

This is an information sheet to tell you some things to expect and some things not to expect when you leave the surgery center after having had ear surgery. Its purpose is to answer as many questions for you as possible and therefore, alleviate much anxiety and unnecessary concern. Please read this carefully after your surgery. You will find that many of the questions you have are answered in this sheet. Thank you for your consideration.

DO

1. Expect some pain in the operated area after surgery. This should be no worse than the pain experienced in the surgery center, however. You have been given pain medication and if you experience pain please use the medications as ordered.

2. Expect some unsteadiness. This is transient and should be gone by the time of your postoperative visit to the doctor’s office. It should, however, be no worse than the unsteadiness experienced while in the surgery center.

3. Expect some swelling of your eyelids on the operated side if a head dressing has been applied. This is normal and secondary to the head dressing. It will go away with removal of the dressing which will be done the first day (24 hours) after the surgery, possibly at home or in the doctor’s office.

4. If you must sneeze, sneeze with the mouth open. Do not close the mouth and sneeze or pinch your nose and stifle the sneeze as this may “blow” the patch off the eardrum.

5. Take antibiotic given to you until it is entirely gone (if antibiotic has been prescribed).

6. There may be some soiling of the bandage. DO NOT be alarmed unless it soaks and dampens the outside of the dressing.

7. Change the cotton in your ear twice a day. Put antibiotic ointment on the cotton to make a good seal.

8. Keep the operated ear dry, except for medications as prescribed.

DON’T

1. DO NOT use any aspirin or aspirin products. No Advil, Aleve, ibuprofen, Motrin or Motrin-type products for 2 weeks before and 2 weeks after surgery.

2. DO NOT use any herbal medicines/diet pills 2 weeks before and 2 weeks after surgery.

3. DO NOT expect to hear out of the operated ear right away. Return of hearing may take up to 4-8 weeks.

4. DO NOT undergo strenuous activity until your first postoperative visit to the doctor’s office and the doctor has stated that you may do so.

5. DO NOT blow your nose or “snort-in” forcefully, or any other valsalva maneuver, until after checking with the doctor at your first postoperative visit. This, too, could “blow” the patch off the eardrum.

6. DO NOT SMOKE.