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### **Post-Operative Instructions for Myringoplasty**

#### **What to Expect:**

1. The patient may note that sounds are muffled or diminished for a few days following the procedure.

#### **Post Operative Care**

##### **Diet:**

Start with a clear liquid diet (Water; Juices-apple and grape, Sports Drinks – 10-K, Gatorade, Powerade; 7-UP or Sprite; Popsicles, or Jell-O) to prevent nausea and/or vomiting. Advance to a regular diet for age as tolerated.

##### **Activity:**

Do Not Get Water In Ears – including bath water for 6 weeks. This can lead to an infection or dislodge the graft. Various over the counter ear plugs may be used, cotton balls with Vaseline placed on the outside, or custom made ear plugs can be fitted in our office.

**DO NOT** blow nose for 6 weeks allowing time for patch to adhere to the membrane and close perforation.

**DO NOT** attempt to muffle a sneeze for 6 weeks. Sneeze with mouth open allowing pressure to be released. We do not want pressure to dislodge the patch.

**Bloody drainage** is always alarming for any patient and their family. This is not unusual in the post-operative period. If drainage continues or becomes discolored, please contact the office.

Any questions or problems, please do not hesitate to call. Thank you for your confidence in letting us care for you and your family.