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Post-Operative Instructions for Tympanoplasty

What to Expect:

Discomfort: Discomfort after surgery is usually mild and may be caused by the pressure dressing placed over the ear. A narcotic pain medication may be prescribed, if necessary, take as directed to help control pain. Mild or moderate pain may be controlled with Tylenol/Motrin.

Swelling: Post-operative swelling is expected after surgery. The ear may appear to stick out farther than before due to swelling, this will subside gradually over the next few weeks.

Numbness: You may notice numbness over the top of the ear. This is due to bruising of the nerve in surgery and feeling will return after several weeks to months.

Dizziness: You may experience dizziness for several days after surgery. Dizziness usually subsides within a few days.

Bleeding: If there is drainage or bleeding from the incision site, do not be concerned, a small piece of gauze can be placed over the site if needed to help with drainage. If bleeding increases or becomes concerning, please call the office.

Hearing: You will notice a decrease in hearing that will last approximately 6 weeks. Once the packing in the ear canal has absorbed and any blood remaining in the middle ear space has absorbed you will begin to notice an improvement in hearing.

Fever: You may have an elevated temperature for the first few days after the procedure, especially at night. You may take an over the counter medication to help reduce your temperature. Adequate fluid intake will also reduce the chance of dehydration and an elevated temperature.

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 diet as tolerated.

Activity:

- Avoid strenuous activity for 2 weeks, including bending over or heavy lifting.
- Avoid blowing your nose for 6 weeks after the procedure.
- Avoid closed mouth sneezing for 6 weeks after the procedure, open mouth to avoid pressure.
- Sleep with head elevated for the first 72 hours after the procedure.
- You may bathe or shower 24 hours after the dressing is removed as long as the **EAR IS KEPT DRY**. Wash with soap and water, pat dry. **DO NOT** soak incision site or apply wet compresses. You may cover site with gauze if drainage is present. Apply ointment, as prescribed by your physician, until your sutures are removed.
- Do not cough, stoop, strain or lift anything.
- No flying or scuba diving/snorkeling for a minimum of 6 weeks.

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

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