

Postoperative instructions

Tympanoplasty Your return home

Dressing:

- Keep the dressing over your ear until the day following the surgery.
- This is normal you will find some blood over the gauze behind your ear and a cotton ball in your ear canal.

Remove them and throw them away with your dressing.

Leave the cotton ball in the inner ear canal in place.

- Once the dressing is removed, you can start your ear drops if prescribed.

A cotton ball can be placed in the ear to prevent the ear drops from dripping onto your clothes.



- There is a packing in your ear which can come out in dark red or brown chunks. This is normal.
- There is a possibility that there will be small pieces of tape behind the ear which can be removed as they loosen.

After the surgery

Pain and medication:

- Your hearing will seem muffled and will improve over the next few weeks.
- Nausea and vomiting are common after surgery and you may take Gravol™.
- Pain is usually mild and should be easily controlled with Tylenol™ or Extra-Strength Tylenol™.
- Antibiotics should be taken if prescribed.
- Avoid taking ibuprofen (Advil™, Motrin™) and Aspirin™ for one week.
- You may resume all of your regular medications immediately.

Daily activities:

- No lifting more than 20 pounds for the next 6 weeks.
- Avoid strenuous activities.
- No driving for 24 hours after your surgery, or longer if you are taking any pain medication.
- You may take a shower but must cover the operated ear with a Styrofoam cup.
- If you need to sneeze or cough, try to keep your mouth open and try not to "hold it in".
- Nose blowing is permitted, but not too hard.

Call your surgeon or visit your nearest Emergency Department if:

- suspect an infection:
 - increasing pain
 - fever
 - green or foul smelling discharge from the ear
 - increasing redness or swelling of the ear
- become suddenly short of breath
- you feel your hearing in the operated ear drop suddenly
- you suffer from severe vertigo (dizziness) and/or
- you notice that your face on the operated side becomes droopy

Next appointment

Date:

Time:

Please call your doctor's office on the day following your surgery to book your appointment.

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