

Postoperative Care After Tympanoplasty +/- Mastoidectomy

General Instructions

You may experience lightheadedness, dizziness, and sleepiness due to anesthesia. For the next 24 hours:

- A responsible person should be with you at home.
- **DO NOT** drive a car, operate machinery or power tools.
- **DO NOT** drink any alcoholic beverages, including beer or wine.
- **DO NOT** sign important papers or make important decisions.

Diet

- Drink 6-8 glasses of liquids per day to avoid dehydration and promote healing.
- Advance to a soft diet or regular diet as tolerated.

Medications

- Complete the entire course of prescribed antibiotics.
- Use the prescribed pain medication as needed after surgery. As pain improves, you may alternate with or change to a non-aspirin pain medication, such as acetaminophen or Tylenol, in the recommended dosage. Please do not take aspirin, Motrin, ibuprofen, Aleve, Advil, etc.
- Begin eardrops 2 days after surgery. Place 4 drops twice a day in the ear canal for 3 weeks.

Activity

- Avoid strenuous activity, aerobic activity, or lifting more than 20 pounds for 2 weeks after surgery. If you have dizziness, avoid sudden movements and take precautions to avoid fall or injury.
- Sleep with your head elevated on 2 pillows for several days after surgery.
- Do not blow your nose vigorously. Sneeze with your mouth open. Avoid constipation or straining. Avoid changes in altitude for 3 weeks (including airplane travel).
- You may return to work after 2-5 days. Protect your ear from dust, smoke, and fumes.
- Avoid contact with people who have colds or upper respiratory infections if possible.

Wound Care

- Keep the ear dressing clean and dry for 48 hours. You may remove it carefully yourself in 2 days. Leave the tape strips behind the ear in place. Place a clean cotton ball in the ear canal 2-3 times a day.
- Keep the surgical ear clean and dry. Take precautions to keep water out of the ear canal. When bathing, wear a shower cap, and when washing your hair, place a cotton ball saturated with Vaseline or antibiotic ointment in the bowl of the ear canal and remove after showering.
- There is packing filling the ear canal. Do not remove this. Your hearing will be diminished until healing is complete. It is common to hear popping and crackling in the ear.
- If you wear glasses, you may wish pad or remove the earpiece for comfort.

(continued care instructions on back)

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Follow-Up Appointment

Call the office at **541-334-3370** to schedule your 1 week follow-up appointment.

Call 541-334-3370, select Option 2, if any of the following occur:

- Excessive bleeding from the incision or ear.
- Complete nasal obstruction (inability to breathe through the nose).
- Foul-smelling or purulent ear drainage. Redness, swelling, or purulent discharge from the incision.
- Dehydration (not drinking fluids, dark urine, infrequent urination).
- Persistent nausea or vomiting.
- Temperature of 101°F or higher.
- Productive or persistent cough.