INSTRUCTIONS FOR POST-OPERATIVE CARE OF YOUR EARS
TYMPANOPLASTY AND MASTOID TYMPANOPLASTY

Many of our surgical procedures are now done on an outpatient basis. These are general guidelines for many of our procedures, so not all items may pertain to you.

If your procedure is done from behind the ear, you may leave the hospital with a large dressing wrapped around the head which is secured by a Velcro strap. The following day, you may remove this at home simply by disconnecting the Velcro and unwrapping the dressing. You will remove the gauze, cotton balls, and telfa pad. Under all this will be some paper strips. **These stay on for one week.** At the end of the week, you peel these off. If they don’t peel readily, soak them in a little hydrogen peroxide and they should come off with ease. Your sutures will probably be under the skin and your body will absorb them. In some cases, we may use stitches which we will remove here in the office in approximately seven days.

The cotton ball in your ear should be changed as often as needed. It will absorb blood and drainage. This will gradually decrease, but some drainage may be present for several weeks. Several short gauze strips are placed in the ear canal under the cotton ball. Do not worry if these come out with the cotton balls. The important packing is deeper in the canal.

PACKING in the ear will be removed in the office by the doctor, either in 1 or 2 weeks, depending on what surgery you have had.

**WASHING YOUR HAIR:** Use caution when you wash your hair to keep the ear and incision dry. To accomplish this, coat a sterile cotton ball with Vaseline and put it in the ear. This will keep water from penetrating the packing. You will have to take some precautions to keep the incision dry.

There should be little pain following the surgery. We have given you a prescription for a pain medication in the event that Tylenol is not adequate. **Do not take** aspirin, Advil, Nuprin or similar compounds, as these increase the risk of bleeding. Your ear may be numb for approximately six months following surgery. Sometimes there is a slight taste disturbance or metallic taste post-operatively. This usually disappears in 3-4 months. Balance disturbance is usually minimal. **You should not drive** if you are taking pain medicine other than Tylenol, or if you have any dizziness.

**CALL OUR OFFICE IMMEDIATELY** if you should note any fever, excessive pain or pus-like discharge.

You will be seen in the office every few weeks until your ear is totally healed. We usually recommend yearly checkups with a hearing test thereafter.

If you have any questions or problems, please don’t hesitate to ask. Our medical assistant and nurse will answer your questions and communicate any problems to me. We hope this will help you make a smooth recovery from your surgery.