ENT Associates

Making sense of your family's hearing, sinus and throat problems

# Tympanoplasty—Postoperative Instructions

To minimize discomfort during the recovery period and achieve the best surgical outcome, please refer to these notes and recommendations:

## Activity

- Sleep with the head of the bed elevated with 2-3 pillows. This will help reduce swelling.
- Avoid nose blowing. When you sneeze, keep your mouth open.
- Avoid strenuous activity and heavy lifting (> 10 lbs.) for 2 weeks

## Wound Care

- A dressing will usually be placed over the ear after surgery. Your doctor will instruct you when this dressing may be removed.
- When the dressing is removed, the ear canal and stitches should be kept dry. Bathing and hair washing may be done carefully with assistance after 48 hours.
- It is normal to have some blood-tinged discharge from the ear canal for several days after surgery. A cotton ball will usually be placed immediately after surgery and should be changed as needed.
- There may be some packing material placed in the ear canal. Do not touch this or insert any foreign objects (e.g. Q-tips, bobby pins, etc.) into the ear canal.
- Apply antibiotic ointment (Bacitracin or Neosporin) to the stitches 2 times / day or as instructed by your physician.
- Ear drops may also be prescribed. Use as directed.

## Pain

- Your doctor may prescribe medicine for pain to be used as directed.
- Avoid aspirin and ibuprofen (e.g. Motrin, Advil).

*(continued on back)*

# Tympanoplasty—Postoperative Instructions

## Normal Postoperative Symptoms

- Mild, intermittent pain lasting 2 to 4 weeks
- Tingling or numbness around the ear
- Crusting around the ear canal or stitches
- Pulsating and/or popping sounds in the ear
- Drainage or discharge—call your physician if discharge is yellow/green our foul-smelling.
- Sensation of something moving inside the ear
- Ringing noises in the ear
- Taste disturbance or dysfunction
- Mild dizziness
- Mild swelling around the eyes / mouth, with some bruising—call your physician if swelling is larger than golf ball.
- Appearance that affected ear sticks out or sits higher/lower than the other ear.

## Emergencies

During office hours, please call **727-791-1368** and follow the prompts to speak to a Medical Assistant if you experience excessive, persistent bleeding, high fever (>101.5°F), intolerable pain unrelieved by medication, golf-balled size swelling, or foul-smelling discolored discharge from the ear. If it is after hours, our answering service will notify the physician on call. Please have your preferred pharmacy's phone number available.

SCAN ME

## For office address and contact information:

| | | |
|---|---|---|
| Clearwater | Facial Aesthetics Center | St. Petersburg |
| Countryside | Largo | Tampa (Westchase) |
| Dunedin | Spring Hill | Trinity |