

## POST-OPERATIVE INSTRUCTIONS FOR TYMPANOPLASTY WITH MASTOIDECTOMY

1. There will be a dressing around your head. The dressing should be removed approximately 24 hours after surgery.
  - a. If you have plastic “cup” with a Velcro strap, simply release the Velcro and remove the cup.
  - b. If you have a gauze wrap, cut the gauze and remove it.
  - c. Either way, there will be gauze behind your ear. It should be removed. Beneath the gauze the incision will have “glue” on it. Leave the glue alone for 2 weeks.
2. There will be a cotton ball in your ear. It should be removed after 24 hours. It may be the color of a scab.
  - a. If there is oozing, feel free to replace the cotton ball until the oozing stops.
3. Your ear canal will be full of packing material. Please leave the packing alone. Little pieces may stick to the cotton ball – that is fine, but do not pull out any of the packing.
4. Three weeks after surgery you will begin to put drops in your ear, onto the packing. Four drops are applied twice a day. Continue drops until your doctor tells you to discontinue them.
5. As you start to apply the drops the packing will begin to come out. It may come out sooner than two weeks, which is ok. As it comes out it may look like an infection (brownish or reddish and “gooey”), but it isn’t.
6. The incision behind your ear, if there is one, is waterproof.
7. You may shower 24 hours after surgery. Do your best to not let the shower spray directly into the ear. Try to keep water out of the ear as much as possible. A cotton ball in the ear, or a cotton ball with a small amount of Vaseline on it, may help keep the water out. But if you are careful, no cotton ball is required.
8. Do not blow your nose until you have seen the surgeon, and he tells you is OK. If you must sneeze, let it out. Do not trap it.
9. No lifting greater than 20 pounds.
10. No high impact activity (jumping, running, etc.) for 3 weeks.
11. Take Motrin (Ibuprofen or Advil) for pain control. You may require the prescription pain medications for the first few nights following surgery.
12. You may return to work as soon as you feel able, typically within 3-7 days.
13. You may fly 48 hours after surgery.
14. Call our office if: you notice significant swelling behind the ear, the ear or the area behind the ear is red or hot to the touch, you have a fever greater than 101.5, the pain is not controlled, you have facial drooping/weakness, you have vertigo.
15. Feel free to call the office during business hours for any questions.
16. For afterhours emergencies, please call the office at: 208-938-5823.