

Tympanoplasty/ Mastoidectomy **Post Operative Instructions**

Nurse Line (8:30am to 5pm) **937-496-0261**
Emergency After Hours Line **937-496-2600**

Effects of Anesthesia

Tympanoplasty (with or without mastoidectomy) involves a brief anesthesia, typically 1 to 2 hours. Patients may be quite irritable for several hours after surgery. If sedatives were given, some patients will remain sleepy for much of the day. Nausea and vomiting is occasionally seen, and usually resolves by the evening of surgery - even without additional medications.

Medications:

- You will be given pain medication to use as needed after surgery. Pain is usually not severe and regular Tylenol can be taken for mild pain as long as it is not taken with prescription pain medication.
- You may be given an antibiotic to take as directed for the week after surgery.
- You may be given bacitracin ointment to use on the incision behind the ear. This prevents itching as the sutures dissolve.
- You will be given a prescription for eardrops. Use the eardrops as directed by your surgeon.

Other effects of surgery:

- There may be an incision behind the ear. Some surgeons use sutures; others use tape or skin glue over the incision.
- The dressing should provide gentle pressure. If it is too tight or feels like a vice grip on the forehead, loosen the Velcro straps in the front.
- Remove the dressing 24 hours after surgery, replace the cotton ball on the ear and change it as needed. A band-aid is a good way to keep the cotton ball on the ear.
- You may use the dressing with gauze if it is more comfortable while sleeping.
- You may shower and get the incision wet (without scrubbing it) 3-7 days after surgery. Your surgeon will let you know when this is recommended.

- Keep the ear (canal) dry with bathing or showers (place cotton ball with Vaseline or Bacitracin on it) to prevent water in the ear for the next month.
- There is absorbable packing placed in the ear canal and behind the eardrum during surgery. You may see the packing (or what looks like ear drainage) from the ear canal. This may look bloody or brown which is normal. The packing behind the eardrum will dissolve over time but this takes several weeks to months. Until the packing is completely resolved, there will be muffled hearing in the surgical ear. Some patients notice their heartbeat heard in the ear or their speech echoing in the ear. This is also normal.

Other restrictions:

- NO SWIMMING until cleared by your surgeon
- No nose blowing, straining, or strenuous activity until your surgeon gives you clearance. This restriction can range from 1-3 weeks depending on the surgery.
- Try to sneeze with your mouth open for the first several weeks after surgery.

Reasons to call your surgeon's office

- Persistent fever over 101° F
- Pain that is not relieved by your medications
- Purulent drainage (pus) from the incision or ear canal
- Redness or swelling surrounding the incision behind the ear that is worsening or getting bigger