

Post-Operative Instructions For Tympanoplasty, Mastoidectomy and Stapedectomy

ACTIVITY

You may resume normal activities in 5 days, except for the following restrictions, which should be followed for **1 month** postoperatively.

1. Do not lift anything heavier than 10 pounds.
2. Do not bend at waist. Bend at the knee if you need to reach something on the floor.
3. Do not blow your nose.
4. Sneeze with your mouth open.
5. No air travel
6. No water in the ear.
7. For those patients who have had ossicular reconstruction or a stapedectomy (surgery to improve hearing), it is most important to avoid any activity that would put you at risk of falling or being hit in the head. No jogging or jarring motion.

DRESSING

1. Remove mastoid (head) dressing after 24 hours.
2. Change the cotton ball in your ear every day until you come back to see the doctor. Use Bacitracin ointment on the cotton ball, being careful to coat all surfaces.
3. Ten to fourteen days of drainage is normal. The first few days you may need to change the cotton ball more frequently. Each day it will be less in amount. The color of the drainage will change from red to yellow to clear, and then stop.
4. Keep water out of the ear by putting a Vaseline layer over the outside of the cotton ball. Do not use earplugs.
5. Your incision may be in front of your ear or behind your ear. You may clean the incision with warm water and gently pat it dry. If you have Steri Strips over the incision, you do not need to clean them with water or apply ointment over them. Steri Strips will come off on their own or may be removed after 10 days. Apply Bacitracin daily to the incision site for 7 days. The sutures used are absorbable and will heal from the inside out. There is no need to remove them. If staples are present, they will be removed at your follow-up visit.
6. If you have a "wick" (a tiny sponge) placed in the ear canal, be sure and use ear drops daily as prescribed. This keeps the wick moist and easy to remove at your post-op visit.

DIET

1. There are no dietary restrictions. Resume your normal diet as soon as you are able.

MEDICATION

1. There is usually not much pain with ear surgery. You will, however, be provided with pain medication when you go home. Do not take aspirin or aspirin related products.
2. If prescribed an antibiotic, please take it as directed.
3. Resume your other medications as prescribed by your primary care physician.

ADDITIONAL INFORMATION

1. Popping and crackling noises are common due to the ointment used in the ear canal. This can continue for approximately one month. Your hearing will be muffled, but will improve after debris is removed from the ear at the first office visit.
2. Your hearing will continue to improve over the next three months.
3. Call our office if the following should develop:
 - a) Cold or sinus infection
 - b) Foul smelling or excessive drainage from the ear or incision site
 - c) Temperature greater than 101
 - d) Excessive swelling or bleeding
 - e) Persistent nausea or vomiting

**Schedule an appointment to see your doctor as instructed in 2-4 weeks from date of surgery.
Phone# 706.236.6499**