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## **Post-Operative Instructions: Tympanoplasty**

### Precautions

1. Do not blow your nose until your doctor has told you that your ear is healed. Any accumulated secretions in the nose may be drawn back into the throat and spit out if desired. The nose may be gently dabbed with tissue paper. This is particularly important if you catch a cold. You should follow this precaution for 4 weeks following surgery.
2. Do not “pop” your ears by holding your nose and blowing air through the Eustachian tube into the ear.
3. Sneeze with your mouth open.
4. Do not allow water to enter your ear until advised by your doctor. The outer cap may be removed 48 hours after surgery. You may shower 48 hours after the operation. When showering, place a small clean piece of cotton dipped in Vaseline in your outer ear opening to keep water out. If you have packing in your ear, this may be placed directly over the packing. Remove the cotton after showering is complete.
5. After you have removed the outer cap, clean the incision with hydrogen peroxide twice a day until it has healed. Apply a small amount of Bacitracin or Neosporin to the incision after cleansing. The sutures are dissolvable and will fall out on their own.
6. On post-operative day 10, start ear drops in the operated ear(s). If you do not have prescription ear drops, mix one part water, one part white distilled vinegar and one part hydrogen peroxide. Use five drops four times per day.
7. Follow-up in the office in about 2 weeks after surgery unless directed otherwise. Call the office (801) 268-2822 to set up the time.
8. Avoid bending or heavy lifting (over 20 pounds) for three weeks following surgery.
9. You may experience popping, clicking or other sounds in the ear. Your ear may also feel full. Occasional sharp shooting pains are not unusual. At times, it may feel as if there is liquid in your ear.
10. Driving is permitted when you no longer experience dizziness or fatigue and you are no longer taking pain medication. Avoid flying for 3-4 weeks.

**Old Farm Professional Plaza**  
4000 South 700 East #10  
Salt Lake City, UT 84107  
(801)268-4141

**TOSH Medical Towers**  
5770 South 250 East #285  
Salt Lake City, UT 84107  
(801)268-2822

**Lone Peak Medical Campus**  
74 East 11800 South #360  
Draper, UT 84020  
(801)260-3687

**Tooele Clinic**  
1929 North Aaron Drive #1  
Tooele, UT 84074  
(435)882-6448

## **What might you expect following surgery?**

### **Dizziness**

Dizziness may occur following surgery. Swelling in the inner ear usually causes this. You may not notice the dizziness until 2-3 days following surgery. This is when the swelling is the greatest. If you are not bleeding, do not have gastric ulcers, and are not allergic to ibuprofen (Motrin, Advil, Nuprin) you may take 2- 200 mg tablets every 4-6 hours. This will help the swelling as well as ease any pain. Avoid sudden movements; stand up slowly.

### **Hearing**

Do not be alarmed if you do not notice improvement in your hearing immediately following surgery. Packing was placed in your ear canal and on the inside of your ear during the operation. The packing in the ear canal will be removed when you see your doctor for your post-operative appointment. The packing on the inside dissolves on its own. If reconstructive surgery was done to improve your hearing, we will test your hearing about 3 months after surgery. Maximum improvement may require 4-6 months.

### **Drainage or discharge**

A bloody or watery discharge is expected during the healing process. Call the office for a yellow or green discharge or excessive discharge. Discharge with foul odor should also be reported.

### **Pain**

You will be given a prescription for a pain medication, which may be taken for the first several days after surgery. Mild, intermittent ear pain is not unusual during the first 2 weeks after surgery. Pain above or in front of the ear is common when chewing. If you have persistent ear pain not relieved by a regular dose of Tylenol or Advil after the first several days, call the office.

### **Antibiotics**

You will be given an antibiotic to take following surgery. Please finish the medication; do not stop early even if you feel well. If you think you may be developing an allergic reaction to the antibiotic, develop a yeast infection, diarrhea or loose stools, or have severe abdominal cramping, please call the office.

### **Taste disturbance and dry mouth**

Taste disturbance and dry mouth are common for a few weeks following surgery. In some patients, this can last a few months.

In case of emergency, call the office at (801) 268-4141.