
POST OPERATIVE INSTRUCTIONS TYMPANOPLASTY/MASTOIDECTOMY

After Tympanoplasty with or without Mastoidectomy, you will have a dressing on the ear for 24 hours, after which it can be removed. There will be some packing in both the middle ear (on the inside surface of the new eardrum) as well as the ear canal. This packing will remain in place a variable period of time, but usually from 1 to 6 weeks. During that time period, and until cleared by your physician, no water should be allowed in the ear. This can easily be accomplished during bathing/showering by placing a cotton ball over the ear canal and sealing it there with Vaseline. Doing this, you may wash your hair in the postoperative period. The incision behind your ear needs to be kept dry for 48 hours and can get wet in a shower after that.

WHAT TO EXPECT AFTER SURGERY

With the packing in the ear, as well as the expected surgical changes, you may notice a decrease in hearing, numbness or tingling of the ear and earlobe, dry mouth, swelling in or around the ear, ringing in the ear, or a small amount of drainage from the ear. These can be expected and resolve over time. Typically the ear is healed by 3 months after surgery, and this is when the postoperative audiogram (hearing test) is performed.

Postoperative pain is usually not severe, and you may take the prescribed pain medication as needed for pain. You may switch to Tylenol as tolerated, but avoid aspirin, Advil and Motrin for at least 10 days after surgery because they can cause bleeding. Additionally, sleeping on 2-3 pillows to elevate the head after surgery will decrease the risks of swelling and bleeding. Take your prescribed antibiotic until it is gone to prevent infection. Antibiotic ear drops are sometimes prescribed until the ear canal and eardrum are healed.

PLEASE DO NOT HESITATE TO CALL THE OFFICE IF ANY QUESTIONS OR PROBLEMS ARISE.