



# Tympanoplasty

## Post-Op Instructions



**PAIN:** You can expect some pain after surgery. Any undue pain, abnormal swelling, or redness should be reported to your surgeon. Some swelling of the ear, causing the ear to mildly turn forward, is common.



**PAIN CONTROL:** Pain medication will be prescribed and should be taken as needed for discomfort. Prescription pain medication has Tylenol in it, so do not take Tylenol with it. Once pain starts to subside, spread out how often you are taking the pain medication and eventually transition to over-the-counter Tylenol or ibuprofen. Common side effects of prescription pain medication are nausea and constipation. It is important to take it with food. If you experience constipation, you can try Miralax daily for three days.



**ACTIVITY:** No heavy lifting (anything over five pounds) or strenuous activity for three weeks after surgery.



**RESTRICTIONS:** Do not blow your nose for three weeks following your surgery. Also, try not to sneeze during this period to avoid undue pressure changes in the middle ear. If you sneeze, do so with your mouth open.



**SHOWERING:** Water should be kept out of the ear canal until the ear is healed, which generally takes about four to six weeks after surgery. You may shower the day following surgery if the ear canal is protected with cotton that is coated with antibiotic ointment to waterproof the ear canal.



**DRESSING:** If you are discharged on the day of your surgery, keep the dressing on until the next morning. Remove the cotton and replace it as needed four to five times per day. Bloody drainage and ointment are expected from the ear canal for 14 days after surgery.



**HEARING:** A fullness sensation associated with popping noises is common during the healing period. If you had surgery to improve your hearing, do not be concerned regarding your hearing for a period of six to eight weeks after surgery. Your hearing will be evaluated at that time.



**GLASSES:** It is okay to wear glasses as necessary. If there is an incision behind the ear, bend the bow of the glasses away to avoid irritation to the incision.



**RETURNING TO WORK OR SCHOOL:** Typically, when prescription pain medication is no longer needed, you may return to work or school. If a doctor's note is required, please call our office to have one faxed.



**FOLLOW-UP:** You will follow up in the clinic in one to three weeks post-operatively.

### WE ARE HERE FOR YOU

Please don't hesitate to contact our office at **605-217-4320**, if you have any questions or concerns. We are happy to assist you.

If you are unsure of an emergency and it is outside of business hours, please call the operator at Unity Point at **712-279-3500** and ask for the ENT on-call.