

POST-OP INSTRUCTIONS

TYMPANOPLASTY / MASTOIDECTOMY / STAPEDECTOMY

DIET

- Regular diet as tolerated.
- There may be some ear pain with chewing because of the close location of the jaw joint to the ear canal.

GENERAL INSTRUCTIONS

- Remove outer dressing, if present, the day after surgery.
- Keep all water out of the ear. When bathing, showering, or shampooing hair, cover a cotton ball with Vaseline and insert into the ear canal.
- DO NOT BLOW YOUR NOSE. If necessary, suck the mucous back and spit it out. Sneeze with your mouth open.
- Small amounts of clear or bloody drainage is common. If drainage is present, then keep a cotton ball in the ear canal.
- The ear will feel plugged and hearing will be poor after surgery because of packing placed in the ear during surgery.
- Call the office to make 1 month post-op appointment.

MEDICATIONS

- A prescription for pain medication may be prescribed.
- Narcotic pain medication may cause drowsiness or constipation. If constipation occurs, may take an over-the-counter stool softener or laxative as directed.
- Use ear drops as prescribed if applicable.

ACTIVITY

- No strenuous activity or lifting over 20 lbs for 1 week.
- Mild dizziness is common for a few days after surgery
- No driving while taking narcotic pain medication.
- Do not swim until cleared by your surgeon.
- May fly 4 weeks after surgery.

CALL THE DOCTOR IF ANY OF THE FOLLOWING OCCUR

- Excessive pain.
- High fever that lasts longer than 24 hours following surgery.
- Persistent nausea and/or vomiting.

Please contact our office with any additional questions.