



**Otolaryngology
Specialists
of North Texas**

Pediatric and Adult Ear, Nose, & Throat Specialists

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POST-OPERATIVE INSTRUCTIONS TYMpanoplasty/MASTOIDECTOMY

Recovery: Recovery from anesthesia is usually about 2 hours. Nausea/vomiting occur in about 10% of patients the day of surgery. If this persists, call the office for a prescription anti-nausea medication. Adults may NOT drive home from the surgery facility.

Diet: Fluid intake/hydration is always important after general anesthesia. There are no dietary restrictions after tympanoplasty/mastoidectomy.

Activity: Activity may be increased as tolerated, with a return to school or work in a day or two as tolerated. Avoid contact sports and strenuous activities for 2 weeks following surgery, as directed by your surgeon. Until cleared by your surgeon, you must not allow water into the operated ear. This is easily accomplished by placing a portion of a cotton ball soaked in Vaseline in the outer ear for bathing/showering. If there is an incision behind the ear, it can get wet 48 hours after the surgery.

Instructions/expectations:

surgical dressing: There will be either a dressing over the ear, or a cotton ball on the ear. The dressing needs to be removed the day following surgery. If only a cotton ball was placed, it can be changed if/when soiled. The packing in the ear canal will dissolve over time. Use ear drops if recommended by your surgeon.

pain: Expect some pain in the ear, and/or headache. A prescription pain medication will be provided, and is usually used for 1-2 days. Use this or acetaminophen as directed. If you have any questions about your pain, or difficulty controlling it, please call the office.

hearing: With packing in the ear, you may notice a decrease in hearing or unnatural sound in the operated ear, ear stuffiness, numbness of the ear and earlobe, mild swelling behind the ear, imbalance, or ringing in the ear. These can be expected and resolve over time.

bleeding: A small amount of oozing from the ears is expected. Thereafter, expect some oozing of old blood, pack material, and/or ointment from the ear. Drainage can be cleaned off the visible part of the ear with hydrogen peroxide on a qtip as needed.

Medications: Pain medication(s) or acetaminophen as per your surgeon's instructions as needed. Use the oral antibiotic as prescribed by your surgeon until it is gone.

Follow-up appointment: A routine follow-up visit is usually made for about 2 weeks after surgery, and thereafter, additional visits will be necessary. This first appointment is usually made when the surgery is scheduled.