

TYMPANOPLASTY AND MASTOIDECTOMY
POST-OPERATIVE INSTRUCTIONS

1. Dressing:

- a. A special dressing will be put over your ear, remove the dressing after 24 hours
- b. There is absorbable packing in the ear canal. Some leakage of the dissolving packing is normal. It may be brown or red.
- c. Change the cotton ball in the ear as needed.

2. Showering and water precautions:

- a. No water over the incision of the ear for the first 3 days
- b. You may shower 3 days after the surgery and get the stitches wet, but no water should go into the operated ear. When showering, please place a clean dry cotton ball in the outer ear and cover it with Vaseline (please refer to 'Dry Ear Precautions' patient handout on our practice website (atlantaotology.com) for instructions)
- c. Do NOT use ear plugs.

3. Medication:

- a. Take oral antibiotic if prescribed.
- b. If antibiotic ear drops were prescribed, apply ear drops into the ear packing twice per day until follow-up starting _____ day(s) after surgery.
- c. Take Tylenol/Motrin for pain. If pain is not adequately controlled, then take the prescription for pain medication as needed. Do not drive while on prescription pain medication.
- d. Purchase a **new** bottle of Vaseline or Aquaphor ointment at your local Walgreens or CVS. Do not use the supply of Vaseline you have at home, since sometimes your home supply may not be clean. Put Vaseline or Aquaphor ointment on the incision 2-3 times daily and after showering. DO NOT use antibiotic ointment.
- e. If a skin graft was taken, you may notice a clear bandage over the graft site. Remove the bandage 24 hours after surgery and start applying Vaseline to the skin graft site twice a day.

4. Activity restrictions for 2 weeks after surgery:

- a. No heavy lifting, bending or strenuous activity. No exercise workouts.
- b. Do not blow nose. When sneezing, keep mouth open.
- c. No lifting more than 20 lbs. No airplane flights.

5. Driving:

- a. No driving for 3 days after surgery. After that, you may drive provided you are not dizzy and not taking prescription pain medicine.

6. The following sensations are normal after surgery. You may experience some or all of them:

- a. Heartbeat, thumping or popping sound in the operated ear.
- b. Some bleeding from the incision and from the ear canal.
- c. Mild imbalance.
- d. Change in taste sensation on the same side as operated ear.
- e. Discomfort around the jaw, especially when chewing.

• Call your doctor at 770-225-1874 if the following occur:

- Severe spinning, dizziness occurs.
- Excessive bleeding from the incision.
- Any adverse reaction to prescription medication.
- Fever more than 100.5 degrees

- If you need to call after hours or on the weekend, please call the office at 770-225-1874