

Ear, Nose & Throat Specialists of Nashville

Things to Know After Surgery

Tympanoplasty/Mastoidectomy

Tympanoplasty is a type of ear surgery where the eardrum is rebuilt to help the patient hear better. Mastoidectomy is another type of ear surgery in which unhealthy bone and tissue is taken from the ear. These surgeries may be done apart or at the same time.

PACKING: None Non-absorbable – removed in 1 week in the doctor's office

PAIN MEDICATION: None Codeine Vicodin Percocet Other _____

ANTIBIOTICS None Amoxicillin Keflex Other _____

What to expect after surgery:

- Keep the bulky dressing on for 48 hours and then remove
- **DO NOT REMOVE INNER EAR PACKING**
- The packing will be removed in the clinic at your post-operative checkup
- You may eat or drink a regular diet
- **DO NOT BLOW THE NOSE** for **TWO WEEKS** after surgery.
- Try to sneeze with the mouth open.
- Initially, you may have some drainage (bloody in color).
- Absolutely do not get any water in the ear
- No showering until post-operative checkup
- To avoid water in the ears, apply Vaseline jelly on a cotton ball and place Vaseline side on the ear (this creates a water barrier)
- No lifting over 5lbs for at least 2 weeks
- Feeling of fullness in the ear and popping sounds during the healing period are normal
- Hearing may not improve for 6-8 weeks after surgery.
- Wash your hands with soap and water before and after caring for the incision
- Cleanse suture line (stitches) 3 times a day to remove drainage
- Moisten Q-tips with hydrogen peroxide
- Apply a thin film of the Triple Antibiotic Ointment using a Q-tip
- Keep the incision open to air with no dressing

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- If the ear drainage develops an odor or becomes thick and purulent
- If the patient gets sick to his/her stomach more than three times after you get home
- If you have dizziness that doesn't improve within 3-4 days, or if the dizziness continues to cause nausea and vomiting
- If the dressing becomes covered or full with drainage
- If marked swelling develops behind the ear
- If you experience weakness in the face
- If there is a persistent bloody or watery drainage from the incision area.

• Follow-up appointment is set for _____ at _____ am/pm
Date

Patient Name