



Tympanoplasty Post-Operative Care

Expectations

- This surgery is typically performed for a perforation in the tympanic membrane.
- Drainage from the ear is common after surgery (blood-tinged). This should gradually decrease.
- It is typically same-day outpatient surgery. Occasionally, overnight stay is recommended.
- The ear canal will contain packing that will be removed in the post-operative period.
- Dizziness may occur but should resolve within 24 hours.
- Hearing may be worse after surgery due to the packing.
- Popping and crackling in the ear is expected.

Activity

- Avoid air travel for 4 weeks after surgery and check with your surgeon before planning a trip.
- Non-strenuous activity can be resumed on the day after surgery and it is encouraged to be active and mobile. This will reduce risk of deep venous thromboses (or blood clots).
- Avoid lifting > 15 lbs. for 2 weeks.
- No sports and vigorous exercise for 4 weeks.
- No nose blowing for 4 weeks. Sneeze with your mouth open.
- No swimming until cleared by your surgeon.

Water Precautions

- The ear must be kept dry for at least 4 weeks. Consult with your surgeon before getting ear wet.
- Place a firm cotton ball in the ear canal and apply Vaseline on the outside of the cotton ball for showering/bathing. Wash children's hair in the sink for better control. You may shower 2 days after surgery.

Diet

Clear liquids will be started immediately after surgery. Light food is best on the day of surgery. Regular diet can be resumed as tolerated.

Wound Care

- You may have a bulky ear dressing that should be kept in place for 24 hrs.
- If there is a cotton ball at the entrance to the ear canal, you may change this as needed.
- Do not remove packing from the ear canal.
- Apply antibiotic ointment (Neosporin, polysporin, or triple antibiotic) to the incision behind your ear twice daily. (You may not have an incision behind the ear).

Medications

- You may resume your preoperative medications unless otherwise specified by your doctor.
- Pain control
 - o You have been provided with a prescription for a opioid pain medication (hydrocodone/acetaminophen or oxycodone/acetaminophen). There are plenty of patients who never need to take this medication. It may be needed for the first few days or up to a week after surgery.
 - o This medication can cause constipation, so start a stool softener (Miralax, Colace, or Senokot) while taking this medication.
 - o Many patients only need ibuprofen or acetaminophen (Tylenol) after surgery for pain control. You can take 400 mg of ibuprofen every 8 hours.
 - o You can also use Tylenol or acetaminophen but do not take this if you are taking hydrocodone/acetaminophen or oxycodone/acetaminophen.
 - o Maximum daily dose of Tylenol (acetaminophen) is 3000mg from all sources.
- Ear drops
 - o You likely will be dispensed ear drops after surgery. Instructions on use will be provided by your surgeon.

Follow-up

You will be scheduled for a follow-up 1-3 weeks after surgery.

*Call Lakeside ENT & Allergy at **585-394-8800** if you develop any of the following symptoms:*

Fever >101.5

Poorly controlled pain

Worsening dizziness

Thick pus or mucous draining from your ear

Mental status changes