

Tympanoplasty

Comfort Measures:

- Ear pain is a common complaint. (This is referred pain from the throat and is usually not an ear infection.)
- Pain medication will be provided for you. It is best to take the medication regularly for the first few days and “stay ahead” of the pain. If you wait to take the pain medicine when you are in severe pain, it will not help as well.
- Dizziness is to be expected for the first few days. You may be unsteady on your feet. When getting up, move slowly. Moving too quickly or turning your head too quickly can cause not only dizziness, but nausea as well. Rest until this resolves and steadiness returns.
- Hearing may be diminished in the operative ear. This is normal and usually is temporary.

Wound Care:

- Do not be alarmed if you notice bloody drainage on the dressing. A small amount of drainage from the ear is normal.
- You may or may not have a drain in place to remove excess fluid from the surgical site. **If you have a drain, leave the drain and the dressing in place and keep the dressing dry. The doctor will remove both when you return to the office in a couple days.**
- If you **do not** have a drain in place, you may remove the dressing 2 days after surgery. Clean the wound area with a half strength hydrogen peroxide and apply Neosporin ointment. Replace clean cotton balls in the outer ear canal as needed.

Activity:

- Rest the first 24 hours. You may resume light activity the day after surgery if you are up to it. Avoid any lifting or straining for two weeks as this can increase chances of heavy bleeding.
- Rest with your head elevated, even when sleeping at night. This helps to decrease the amount of swelling.
- Do not travel by air until released to do so.
- Do not drive a car for at least 24 hours after surgery since the medications used to sedate you will remain in your system. Avoid driving while taking pain medication as well.

Notify your physician for any of the following:

1. Difficulty breathing or shortness of breath
2. Fever 101 degrees or higher
3. Excessive swelling, bleeding or drainage from the ear.
4. Persistent nausea or vomiting.
5. Severe pain unrelieved by medications
6. Dressings that have accidentally become wet.