



Randall S. Lomax D.O.

POST OPERATIVE PATIENT INFORMATION

*Ear Surgery/Tympanoplasty*

- A. Activities - For at least three weeks following tympanoplasty, avoid strenuous exertion, including heaving lifting (nothing heavier than 10 pounds), bending and straining. Keep your head elevated above the rest of your body at all times. Mainly, common sense is required in regulating your activities after surgery, such as avoiding undue exposure to fatigue. Commercial air flights are restricted for six weeks.
- B. Diet - Not restricted by this surgery.
- C. Medications - You may receive prescriptions for medications to be taken after your surgery: for the best surgical result, take all medications as directed. A prescription for pain medication may be given to you at discharge from the hospital. Do not take aspirin, or aspirin products for two weeks after the procedure, as it may increase bleeding tendency. Plain Tylenol may be taken if you prefer not to take a stronger prescribed pain medication.

You may leave the hospital with a prescriptions for ear drops. You should start these drops postoperative day #1. Instill them by rolling your head to one side (operated ear up) and applying the drops directly to the ear packing. Keep the operated ear up for approximately five minutes before turning to do the other ear, if directed.

D. Special Precautions:

1. **No nose blowing** for three weeks following surgery. If sneezing occurs, open your mouth wide during the sneeze to reduce the intranasal pressure. Do not try to make your ears “pop” (i.e. by holding your nose and blowing air through the eustachian tubes into your ears.)
2. **Do not allow water** in your operated ear(s). Your ear canal will be occluded with medicated packing for awhile, (usually one to two weeks), after your surgery. While the packing is in your ear, keep water out when bathing or shampooing your hair by placing a cotton ball against the packing and cover the cotton ball with Vaseline. After the packing has been removed, ear plugs should be used to keep water out of your ear until the ear is healed. **No swimming is allowed until the ear is healed.**
3. **Keep all objects** out of your ears.
  4. Avoid alcoholic beverages for 24 hours after the anesthetic.
  5. Anyone having a general anesthetic should not participate in any activity requiring mental alertness, physical coordination, or balance; e.g. driving, bicycling, etc., for 24 hours after the anesthetic.



Randall S. Lomax D.O.

E. Communications:

1. **Dizziness** - may be present on head motion or with sudden changes in position. Medication may be necessary to control the dizziness for the first few days after surgery. If the dizziness persists, notify the office.
2. **Drainage** - a blood-tinged or watery discharge may occur during the healing period. The outer ear cotton may be changed if necessary. A yellow or greenish foul-smelling drainage may indicate infection and should be reported to the office.
3. **Fever** - A slight temperature elevation may accompany this surgery. A moderate high fever (oral temperature over 101 degrees) may indicate an ear infection and should be reported to the office.
4. **Pain** - If you have ear pain not relieved by Tylenol or by the prescribed pain medication, notify the office.
5. **Ear Shield (if present)** - Remove ear shield first postoperative day. May wear at night for comfort, if desired.

F. Follow-up - Schedule your first follow-up visit approximately one week from the date of your surgery. Call the office to reserve a time, if an appointment has not already been scheduled.  
Usually two to three postoperative visits are required shortly after your surgery. The packing may be removed during these visits as determined by your healing progress. This is not usually painful. A visit two to three months after your surgery will be required to recheck your hearing.

G. Results - You may expect your ear to be healed in six to eight weeks. Hearing improvement may be noted immediately after surgery, but also will continue to improve with the removal of the ear canal packing, and absorption of the packing within the middle ear. Healing of the ear will bring the maximum improvement in hearing. You may expect maximum improvement in two to four months. A repeat hearing test may be done at that time. If you are uncertain about any of the above items or have any questions, please contact our office at (702) 834-5886 from 8:00 a.m. to 5:00 p.m. Monday through Friday. After hours, if you have an emergency, go to the emergency room or call the office number and you will be connected to the on-call physician.

My postoperative instructions have been explained to me, I understand their meaning and a copy has been given to me.

Patient/Family: \_\_\_\_\_

Date: \_\_\_\_\_

Nurse: \_\_\_\_\_