

Chronic Ear / Middle Ear / Tympanoplasty (Eardrum) Surgeries

After Surgery Care Information

Activities - For 3 weeks after ear surgery:

- No brisk exercise - including heavy lifting (nothing heavier than 10 pounds)
- No bending or straining
- No nose blowing & No sneezing (it is OK to sneeze with mouth wide open)
- Keep your head elevated above the rest of your body at all times.
- Sleep with 2-3 pillows under your head.
- No air flight travel for six weeks.

Diet - Not restricted by this surgery

Medicine - For the best surgical result, take all medicine as directed.

- Alternate 1000 mg tylenol and 800 mg ibuprofen every 3 hours
 - Example:

9:00 am	ibuprofen
12:00 pm	tylenol
3:00 pm	ibuprofen
6:00 pm	tylenol, etc.
 - A prescription may be given for oxycodone (Roxicodone) for pain not controlled with Tylenol and ibuprofen.
 - Zofran 10mg is an oral dissolving tablet for nausea, as needed
- Do not take aspirin, or aspirin products for two weeks after the procedure.
- You may leave the hospital with a prescription for antibiotic ear drops. You should start these drops on the first day after surgery. You may be given an oral antibiotic in addition.

How to use ear drops:

1. Tip your head to one side (operated ear up)
2. Drop the drops directly to the ear packing.
3. Keep the operated ear up for about five minutes before turning to do the other ear, if directed.

Special Precautions:

- No alcohol for 24 hours after the surgery and while taking narcotic pain medication.
- 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.
- Ear Shield (if present) – **take off the ear shield** 24 hours after surgery. You may wear the shield at night for comfort, if desired.
- Beginning 24 hours after surgery, try to leave the cotton out of your ear as much as possible unless there is significant drainage.
- Keep all objects out of your ears. If you wear glasses, either removed the arm on the operated side or make certain that it does not rest on the incision behind your ear for at least 1 week.

- No nose blowing for three weeks after surgery. If sneezing, open your mouth wide during the sneeze to reduce the pressure inside your nose. Do not try to make your ears “pop” (i.e. holding your nose and blowing air through the eustachian tubes into the ears.)
- Do not allow water in your operated ear(s). Your ear canal will be blocked with medicated packing for 1 to 2 weeks after your surgery. While the packing is in your ear, keep water (e.g. shower water) out by rolling a cotton ball in Vaseline and placing it against the packing. After the packing has been removed by your doctor, 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. If there is a separate incision, keep it dry until first after surgery visit.

Please call the doctor’s office for:		(702) 834 - 5886
Dizziness	Dizziness may happen with head movement or sudden changes in position. If dizziness becomes severe or gives you nausea or vomiting, call the office.	
Drainage	A blood-tinged or watery discharge from the ear (or the incision behind the ear) may occur during healing. The outer ear cotton may be changed as needed. Small amounts of clear or slightly bloody drainage is normal. A yellow or green bad-smelling drainage may mean there is an infection and should be reported to the office.	
Fever	A slightly higher temperature is normal after surgery. A moderate high fever (oral temperature over 101 degrees) may mean there is an ear infection and should be reported to the office.	
Pain	If your ear pain is not relieved by Tylenol, your prescribed pain medicine, or you have pain with more redness or swelling of the ear, notify the office.	

Follow-up - Schedule your first follow-up visit 1-2 weeks from the date of your surgery. Call the office to reserve a time, if an appointment has not already been scheduled.

Usually 2 or 3 after surgery visits are required. The packing may be removed during these visits as determined by your healing progress. This is not usually painful. A visit 2 - 3 months after your surgery will be required to recheck your hearing.

Results - You may expect your ear to be healed in 6 to 8 weeks. Hearing improvement may be immediate 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. During this time, popping sounds, a plugged sensation, ringing or fluctuating hearing is normal. Healing of the ear will bring the maximum improvement in hearing. You may expect maximum improvement in 2 to 4 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, call the office number and you will be connected to the on-call doctor. If you are unable to reach the on-call doctor, go to the Emergency Department.