

Tympanoplasty

HOME CARE INSTRUCTIONS

- Sleep at a 30-45 degree (2 pillows) for 3 nights.
- Keep the ear absolutely dry until you see the doctor at your postoperative appointment. Further instructions will be given at that time. Your first post op appointment should be scheduled within 1-2 weeks of the surgery date.
- **DO NOT** blow your nose and cough with mouth open.
- **DO NOT** use cotton swabs or put any other object in your ear.
- Avoid air travel for 6 weeks after surgery or until otherwise instructed by your M.D.
- If you have been prescribed narcotics, it is important not to drive or operate machinery or engage in climbing activities due to risk of injury to yourself or others. **NO** driving within 10 hours of narcotic use.

POSSIBLE SIDE EFFECTS

- You may be drowsy and nauseated from the anesthesia.
- You may be unsteady when walking for up to 1 week after surgery (vertigo).
- It is normal for your operative ear to feel plugged after the surgery. This should improve when your ear is cleaned at your post op. Plugging can be expected for up to 2 months after the surgery as packing in the middle ear slowly absorbs. As packing absorbs it is normal to hear crackling and popping sounds.

CONTACT YOUR PHYSICIAN

- If you experience any sustained drainage.
- If your pain is not relieved with pain medications.
- If you have a fever above 101.1° or if you have a low-grade fever for more than 3 days.
- If you have severe nausea or spinning sensation.
- If you have any questions or concerns.