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## **Myringoplasty, Tympanoplasty and Mastoidectomy and Other Extensive Ear Surgery POST-OPERATIVE CARE INSTRUCTIONS**

### **WHAT TO EXPECT**

- A certain amount of pulsation, popping, clicking and other sounds in the ear, and a feeling of fullness in the ear is normal. Patients may feel dizziness or occasional sharp, shooting pain or may feel as if there is liquid in the ear.
- A clear, watery discharge from the ear is normal. If there is yellow, foul-smelling or bloody discharge from the ear, please contact our office.
- An improvement in hearing is rarely noted immediately after surgery. Hearing may even be worse temporarily because of the packing in the ear canal and swelling of the ear tissues.

### **WATER PRECAUTIONS**

- Avoid getting water in the ears. Earplugs must be used with any water activity (swimming, bathing, shower, sprinkler). We offer custom molded earplugs, pre-formed earplugs (Doc's plugs), and headbands for water prevention.
- Patients should not blow their nose until Dr. Respler has ascertained that the ear is healed. Patients should not "pop" ears by holding their nose and blowing air through the Eustachian tube into the ear. If it is necessary to sneeze, do so with your mouth open
- Patient should avoid air travel until discussed and cleared by Dr. Respler

### **MEDICATION**

- Motrin®, or Tylenol® may be used for pain according to package directions every 6 hours as needed .
- **After two weeks, ear drops should be administered as follows: 5 drops to each ear, 2 times each day for 7 days after surgery**

### **ACTIVITY**

- Your child may resume all normal daily activities the day after surgery.

### **POST-OPERATIVE VISIT**

- Return for a postoperative visit one month after surgery