

Myringoplasty with Graft

Eardrum Repair

What to Expect

- The ear and incision will be sore for the first few days.
- Hearing will likely be worse at first. You may also have ear fullness and hear popping sounds. This is due to packing in the ear.
- Mild ear drainage may occur. Place a cotton ball at the ear opening to catch drainage as needed.
- Mild dizziness is normal for the first few days.

What to Do

- Leave the ear shield in place for 24 hours.
- Take pain medication as needed. Acetaminophen and/or ibuprofen are fine.
- You may shower 24 hours after surgery, and most patients can return to work or school the next day.
- Keep the ear completely dry until your surgeon clears you (usually at least 1 month). When showering, place a cotton ball just outside the ear canal and coat the outside of the cotton ball with Vaseline to act as a water barrier. This protects the graft while it heals.
- Apply antibiotic ointment (such as bacitracin) to the incision behind the ear twice a day.

What Not to Do

- Do not remove any ear canal packing. Be careful when removing the cotton ball.
- Do not swim, bathe, or submerge your head in water until your surgeon clears you.
- No heavy lifting or strenuous activity until your surgeon clears you (usually at least 1 month). This is to ensure the graft stays in place.
- Do not blow your nose, and sneeze only with your mouth open, until your surgeon clears you (usually at least 1 month).
- Do not use Q-tips to clean the ear.
- Do not pick at the incision or remove any skin glue.

When to Call or See the Doctor

- Persistent bleeding from the ear.
- Persistent fever over 101° F
- Severe, persistent dizziness or vertigo.
- Worsening, severe ear pain or headaches.

Questions or concerns? Call the office that scheduled your surgery. After hours, call our main number, 512-339-4040, to reach the on-call physician. For a life-threatening emergency, call 911.

Austin 512-339-4040 **Lakeway** 512-682-4798 **Marble Falls** 830-992-2830 **Dripping Springs** 512-339-4040