After Your Surgery

# Myringoplasty

Eardrum Repair

CAPITAL ENT & SINUS CENTER

## What to Expect

- The ear 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 dizziness is normal for the first few days.
- Drainage from the ear is not expected. If your ear drains, call us.

## What to Do

- Tylenol 1,000 mg every 6 hours (max 4,000 mg a day; 3,000 mg if the package says so or with liver disease) and ibuprofen 400 mg every 8 hours with food, unless your surgeon said not to or you have an ulcer or kidney disease.
- 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 repair while it heals.

## What Not to Do

- After sedation or general anesthesia: for 24 hours, no driving, alcohol or important decisions; after general anesthesia, we recommend an adult stay with you the first night.
- 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 (over about 10 lb) or strenuous activity (anything that makes you breathe hard, strain or sweat) until your surgeon clears you (usually at least 1 month). This is to ensure the repair stays in place.
- Do not blow your nose forcefully. If you need to sneeze, sneeze with your mouth open so the pressure does not push on the repair. Treat a stuffy nose with nasal saline spray, not by blowing. Follow this until your surgeon confirms the ear has healed.
- Do not use Q-tips to clean the ear.
- If cartilage was taken for the repair, you will have a small incision on the tragus (the small flap at the front of your ear, just in front of the ear canal opening). Apply antibiotic ointment (such as bacitracin) to it twice a day, and do not pick at it or remove any skin glue.

## When to Call or See the Doctor

- Any drainage from the ear.
- Bleeding from the ear that soaks through the cotton ball more than once an hour.
- Temperature of 101° F+ for over 24 hours or starting 3+ days after surgery, or 102° F+ at any time (check before the next Tylenol or ibuprofen dose).
- 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

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