

# After Your Surgery: Tympanoplasty (Ear Drum Repair)



---

## What to Expect

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

## What to Do

- Leave ear shield in place for 24 hours.
- Take pain medication as needed. Ok to take acetaminophen and/or ibuprofen.
- Ok to shower 24 hours after surgery.
- Keep ear completely dry! 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.
- Apply antibiotic ointment (e.g., bacitracin) to incision behind 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 cleared by me.
- No heavy lifting (> 10 pounds) or strenuous activity for 3 weeks after surgery.
- No airplane travel for 1 month after surgery.
- Do not blow your nose for 2 weeks and only sneeze with your mouth open.
- Do not use Q-tips to clean the ear.
- Do not pick at incision or remove any skin glue (if present).

## When to Call or See the Doctor

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

## Follow Up

- Follow up 1 week after surgery.