After Your Surgery

Tympanoplasty

Eardrum Repair

CAPITAL ENT & SINUS CENTER

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

- If an ear shield was placed, leave it in place for 24 hours.
- 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.
- 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.
- If you have an incision behind the ear, apply antibiotic ointment (such as bacitracin) to it twice a day.

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 graft 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 graft. 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.
- Do not pick at the incision or remove any skin glue.

When to Call or See the Doctor

- 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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