

## POST-OP INSTRUCTIONS

# Fat Graft Myringoplasty

### What to Expect After Surgery

- **Medications:** Ear drops may sometimes be prescribed after surgery. Use 3-4 drops in each ear twice daily as instructed by your doctor. You do not need to refrigerate ear drops. If your bottle is cold, warm it up in your hands for a few minutes to bring the ear drops to body temperature, as cold ear drops can cause brief, but unpleasant vertigo. Avoid using any other ear drops besides the ones prescribed to you. Take over the counter Tylenol or Ibuprofen as needed for pain or fever.
- **Diet:** It is not uncommon to have some nausea and occasionally vomiting. Eat a bland light meal or a liquid diet, and return to a normal diet as tolerated.
- **Follow-up:** You should have an appointment to see your surgeon 7-10 days after your surgery. Call our office if you do not have an appointment already scheduled.
- **Symptoms:** The ear will usually feel clogged and you may hear crackling, clicking, or popping sounds; this is normal. Ear drainage mixed with blood and clots for a few days is common and normal. You may also experience popping, clicking or other sounds in the ear after surgery.

### Post-operative Care Instructions

- Keep your ear dry until instructed by your surgeon. The ear usually needs to stay dry for 4-6 weeks after surgery. If there is drainage from your ear, use a cotton ball to catch the drainage. Change the cotton ball as needed.
- You will have a small incision with sutures behind your ear. Keep the incision dry for the next 48 hours. Afterwards, you may allow it to get wet, but do not scrub at the incision or soak the incision underwater. The sutures will fall out on their own in about 1-2 weeks. After 48 hours, you may clean the incision with soap and water, then apply some antibiotic ointment (such as bacitracin) twice daily.

- Do not allow any water to enter the operated ear. Protect the ear when showering or washing the hair with a cotton ball coated with Vaseline®. It is a good idea to have someone help you with washing your hair. When finished washing, remove the coated cotton, wipe the ear with a soft paper tissue and place a clean, dry cotton ball. A little antibiotic ointment may help the cotton ball stick and stay in place. A shower cap provides extra protection.
- Do not blow your nose for at least two weeks from the day of surgery. Blowing can build excessive pressure in the operated ear and displace the reconstructed or grafted eardrum. If you have to sneeze, please do it with your mouth wide open to avoid pressure build up in your ear.
- When sleeping, try to sleep on the unoperated ear.

### When to Call After Surgery

- Fever above 101°F despite Tylenol® or Motrin®
- Pus-like or foul-smelling discharge from the ear
- Severe dizziness, nausea, or vomiting
- Any other concerning signs or symptoms