

CARE AFTER
MIDDLE EAR EXPLORATION OR TYMPANOPLASTY

GENERAL INFORMATION:

The patient has undergone middle ear surgery. Depending on the type of surgery and the patient's own constitution, the recovery will vary.

INSTRUCTIONS FOR HOME:

Expectations:

- If further bleeding is noted on the dressing after you leave the hospital, please call.
- Any dizziness or recurrent vomiting is not normal—call us immediately.
- If fever (greater than 101°F) or increasing pain, please call.
- Drainage from a wound behind the ear is not normal—call us immediately.
- Bloody drainage from the ear or passing of small bits of packing may persist for up to six (6) weeks after surgery.

Diet:

On the night of surgery limit the patient to a light diet to help prevent vomiting after the surgery. The patient does not need to eat or drink until the next day. If desired, soups, Jell-O, juices, and popsicles are allowed. No heavy foods, including milk, should be eaten on the evening of surgery. On the day after surgery, the patient may eat anything he or she wants, as long as the stomach has settled.

Activity:

- The patient may return to most activities, including school, as directed by your surgeon.
- NO physical education class, competitive sports, or swimming until cleared by your surgeon.
- No heavy lifting or straining.
- Limit nose blowing.

Ear Care:

- Take care of the bandage as directed by the physician.
- No hair washing until instructed by your surgeon.

Medications:

Take antibiotics as prescribed.

Tylenol is almost always adequate for pain relief.

DO NOT USE ASPIRIN OR IBUPROFEN PRODUCTS SUCH AS ASPERGUM, ALEVE, MOTRIN, OR ADVIL AS THEY CAN CONTRIBUTE TO BLEEDING. AVOID SUCH HERBALS AS GINSENG, GINGKO, OR GARLIC SUPPLEMENTS.

Follow-up:

The patient has been scheduled for follow-up in our office 6-10 days after the surgery. The post-operative appointment is written on your pre-operative scheduling sheet.

If you have any questions, problems, or need to schedule (or reschedule) an appointment, please contact our office at **362-9730**.