



CARE AFTER MYRINGOPLASTY WITH PAPER PATCH OR FAT GRAFT

GENERAL INFORMATION:

The patient has undergone an ear operation in which a hole in the ear drum has been closed using either a paper patch or a fat plug. The size, location, and type of hole will determine your surgeon's preference as to the type of procedure to be performed. Sometimes, an ear tube will be removed and the hole will be closed with one of these techniques.

INSTRUCTIONS FOR HOME:

Expectations:

- Ear pain or discomfort should be minimal.
- A small amount of discharge or bleeding can be expected and should not cause concern.
- If bleeding or discharge continues for several days or is profuse, please call our office.

Diet:

- Normal diet may be resumed after the procedure.
- Rarely, your child may experience nausea or vomiting. If so, limit the diet to light foods such as soup, Jell-O, juices, and popsicles until the stomach settles.
- Avoid mild or heavy, greasy food that day.

Activity:

- The patient may return to normal activities including school on _____.
- No heavy lifting or straining for _____.
- Limit nose blowing for _____.
- Check with your surgeon before flying if you are intending to fly before the first post-operative visit.

Ear Care:

Keep the ear dry for 4-6 weeks or as instructed by your surgeon. Until follow up, use a cotton ball soaked in vaseline to plug the ear when washing the hair. No swimming if the head is going to go under water. This could ruin the graft.

Medications:

Take medications as recommended by the surgeon. In the case of a paper patch, no drops are used. When a fat graft is done, drops may be recommended. Check with your doctor.

Tylenol may be used for any ear discomfort.

Follow-up: The patient has been scheduled for follow-up in our office 2-4 weeks after the procedure. At that visit, the surgeon will discuss the long term care of the ears. 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 **(716) 362-9730**.