



Post- Operative Instructions Ear Surgery
Tympanoplasty and Mastoidectomy

1. There are no restrictions on diet. Eat or drink whatever feels comfortable, but you might find that clear fluids and soft foods are more easily tolerated for the first 24 hours. Recommended to have non-greasy foods during the first 24 hours.
2. Take your medications as directed. Narcotic medications are sometimes provided post-operatively. This type of medication often causes nausea and even vomiting. This is made worse when taken on an empty stomach, so encourage the patient to have something to drink or even better to eat prior to taking this type of medication. If vomiting cannot be controlled, please call your physician. You may alternate pain medication with Ibuprofen every 3 hours.
3. Activity level should be minimal for the first day. No vigorous activity/exercise should be allowed for 10 days after surgery. Do not lift anything over 10 lbs for one week and do not pick things up by bending over. You may increase weight lifting to 20 lbs during the second week.
4. It is normal to have a mild to moderate amount of bleeding from the ear which is most prominent in the first 48 hours but will slowly improve afterward. It may be useful to put an old towel over your pillow as some bleeding sometimes comes through or around the dressing.
5. Drainage that may be bloody or clear from the ear is common for even 12 weeks after surgery. This is to be expected.
6. Mild to moderate pain is common after this surgery. The discomfort normally begins to subside within 2- 5 days. Pain may peak around day 3.
7. Low- grade temperatures are not uncommon after surgery, but call your physician for a fever over 101.
8. If given one, you can and should change the packing in the ear protector 24 hours after surgery. Additionally, you can clean the dried blood around the ear and hair with a clean, damp cloth 24 hours after surgery, but do not get this area wet until after approved by your physician. You can wash your hair with the help of a responsible adult if and only if you can be sure that the incision does not get wet.

9. No swimming or submersing your ear for 3 months. Also, no airplane flights or high altitude activities (skiing, driving, etc.) or scuba diving unless approved by your doctor -- usually no sooner than 1 month.

10. Dizziness/vertigo, ringing in your ears, and hearing loss are common after surgery. The dizziness usually resolves in a few days, the ringing slowly after that. Hearing loss is common until all the packing dissolves, sometimes taking as long as 12 weeks.

11. Do not take aspirin, aspirin- containing products within 10 days of surgery because they can increase the risk of bleeding. Likewise, if you normally take blood thinning medication, do not restart this until approved by your physician. If you're not sure when this is, please contact us.

12. You should have a post- operative appointment scheduled. If you are unsure of the date or don't have one scheduled yet, please call us.

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