

**Vail Valley Ear, Nose & Throat Group, P.C.**  
105 Edwards Village Blvd., #C202 Edwards, CO 81632  
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### **TYMPANOPLASTY POST-OP INSTRUCTIONS**

#### **DAY OF SURGERY:**

When you awaken from the surgery, you will have a headband in place holding a plastic cup containing gauze on the operated ear. Your hearing will be muffled on this side as the middle and outer ear will be packed with an absorbable material that will remain in place for about three weeks. Feel free to adjust the headband so that it is comfortable but still applying pressure to the ear.

You will be given pain medicine and an antibiotic. Begin these this evening once you are able to eat.

You should keep your head elevated for 24 hours after surgery (above the level of the heart) to keep swelling to a minimum. Keep the ear and surrounding gauze dry.

#### **SECOND DAY AFTER SURGERY:**

You may remove the headband and gauze. There will be a cotton ball in the ear. This should be removed carefully and replaced with a clean piece of cotton. This cotton ball should then be changed daily, and a clean cotton ball should remain in the ear at all times for 3 weeks. You may shower at this time, but keep water out of the ear canal by covering the cotton ball with Vaseline. Replace this cotton with a clean dry cotton ball after showering. The incision behind the ear may get wet at this time, but do not scrub the incision.

#### **ONE WEEK AFTER SURGERY:**

This should be your first post-operative visit to the office. The packing within the ear canal and the incision behind the ear will be inspected. You will be given a prescription for ear drops. **DO NOT BEGIN THESE EAR DROPS UNTIL 3 DAYS PRIOR TO YOUR NEXT POST-OPERATIVE VISIT.** After this visit, continue to keep the ear canal dry with cotton and Vaseline while bathing, and keep a clean dry cotton ball in the ear at all times.

#### **THREE WEEKS AFTER SURGERY:**

This will be your second post-operative visit to the office. **YOU SHOULD BEGIN THE EAR DROPS 3 DAYS PRIOR TO THIS VISIT.** The packing will be removed from the ear canal on this visit. Although your hearing will be somewhat improved at this point, normal hearing is not expected until about 3 months after surgery as it takes this long for the eardrum to heal completely and for the swelling to resolve.

#### **IN GENERAL:**

Refrain from strenuous activity for about 3 weeks, bending at the waist, and heavy lifting. Do not blow your nose with any force for about 3 weeks. This could blow the graft off your eardrum. Sneeze through your mouth. It is normal for you to hear popping and fluid sounds within the ear for the first month or so.

#### **CALL THE OFFICE FOR:**

- A sudden increase in pain, redness, or swelling in or around the ear.
- Sudden deafness in the operated ear, or severe dizziness.
- Copious drainage from the ear or from the incision behind the ear.
- Do not hesitate to call with any questions or concerns about the surgery.