

# TYMPANOPLASTY/ MYRINGOPLASTY

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Plan on getting an adequate amount of rest for a few days following your operation. Return to normal activity gradually and return to work in 2-3 weeks. Avoid heavy lifting, active sports, long distance travel and flying for 3-4 weeks.
3. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
4. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
5. Take pain medications as prescribed. Try to avoid constipation by eating high fiber foods, drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.
6. Do not use ear drops unless prescribed by your doctor.
7. Coughing, straining, sneezing, and blowing your nose should be done as little as possible. If you must cough or sneeze, do so with your mouth open as wide as possible to minimize the pressure. Any extra, significant pressure can potentially dislodge the graft, which will reduce the rate of success.
8. For the vast majorities of tympanoplasties, the packing in the external ear is usually soaked with blood from the operation. This is normal. It is also common for some blood-coloured drainage to discharge from the external ear for several days after surgery. If there is concern about the colour or rate of discharge, please contact your surgeon's office.
9. Avoid heavy lifting and sports until cleared to do so by your surgeon.
10. Avoid sudden movements e.g. bending, turning quickly as you may become dizzy. Dizziness or lightheadedness is normal up to 1 week after surgery.
11. You may hear a variety of noises in your ear such as cracking or popping. This is part of the normal healing process.

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12. Resume your regular diet as tolerated. Do not drink any alcoholic beverages including beer and wine for 24 hours after your surgery.
  13. It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If not, return to the Emergency Department of the nearest hospital.
  14. Do not permit water or any foreign object to enter the ear until discussed with Surgeon.
  15. Remove and discard the outer pad (dressing) and cotton ball 24 hours after surgery. The ear canal will be filled with dissolvable packing, which should be left in place.
  16. **Do not clean ear canal with cotton swabs.** Clean outer ear only with damp washcloth, as necessary.
  17. **For Shampoos and/or Showers: (within 7 days of surgery)** Insert ear plugs or a cotton ball smeared with Vaseline (to make it water proof) into the outer ear canal. **Keep all water out of the ear canal.**
  18. **For Swimming:** No swimming for \_\_\_\_ days. You must use ear plugs when you do go swimming.
  19. Contact your Doctor or seek medical attention if any of the following occurs:
    - Signs of infection, including fever and chills
    - Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
    - Cough, shortness of breath, chest pain
    - Pain that you cannot control with the medication that you have been given.
    - Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
    - Pain and/or swelling in your feet, calves or legs.
- If you have any concerns:  
... Call your surgeon/doctor,  
... or call Telehealth 1-866-797-0000  
... or come to the Emergency Department at Georgian Bay General Hospital
20. The day after your surgery call your surgeon's office for your \_\_\_\_\_ week follow-up appointment.

Specific Instructions:

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