

### **Tympanoplasty/Middle Ear Surgery Postoperative Instructions:**

#### **DO:**

- Expect some pain in the operated area following surgery. Take the prescribed pain medications as directed. Pain medications may cause drowsiness, nausea/vomiting and constipation. No driving while taking pain medication.
- Take your antibiotic as prescribed until it's entirely gone (if one has been prescribed).
- For Dr. Noyes' patients, start using the prescribed ear drops **1 WEEK PRIOR** to your scheduled follow-up appointment. For Dr. Kelly's patients, use ear drops daily as directed.
- Expect some thick, dark, bloody ear drainage during the first week following surgery. You may clean **only the outer part of the ear** with peroxide and Q-Tips as needed. Replace the cotton ball in the ear with a clean dry piece when the current one is soiled. You may experience sounds in your ear and/or decreased hearing due to the packing.
- Keep the operated ear dry. Protect the ear when showering or washing the hair with the ear plugs that have been fitted for your ear. You may also use a cotton ball with vaseline worked into it. Also try to sleep on the unoperated ear.
- Leave the "glue" like substance (dermabond) in place behind the ear if this was used. It will come off on its own.
- If you have a large mastoid dressing, please remove it as instructed by your physician.
- Call the office at 309-268-3200, to report excessive headache, nausea/vomiting, severe dizziness, temperature greater than 101 degrees, sudden loss of hearing, weakness of your face or difficulty closing your eyes, brisk bleeding or increased redness and pain over incision.

#### **DON'T:**

- Do not use any blood thinning medications including aspirin, aspirin containing products, Advil, Ibuprofen, Motrin or Aleve for 3 weeks prior and 2 weeks following surgery.
- Do not pinch, blow your nose or "snort" in forcefully for at least 2 weeks following surgery. In addition, try to sneeze with your mouth open to avoid a build up of pressure in the ear.
- Do not participate in any kind of strenuous activity, straining or heavy lifting, and no air travel until advised by your physician.