

**POST-OPERATIVE INSTRUCTIONS:
STAPEDECTOMY, TYMPANOPLASTY, TYMPANO-MASTOIDECTOMY**

Ear Packing:

- There is packing on both sides of the eardrum to hold it in place while it heals; if this packing begins to come out of the ear, cut off the excess. Do not push loose packing back in.
- The packing will be removed at a follow-up visit.

Ear Drainage:

A small amount of drainage from the ear is normal because of antibiotic ointment placed during the surgery. Use a cotton ball to catch the drainage and change it as often as necessary. If the drainage becomes foul smelling, contact our office.

Showering and Washing Hair:

Don't wash hair for two days after the surgery. After that, coat a cotton ball with Vaseline and place it in the ear canal to keep water out of the ear.

Incision behind the Ear:

Wash gently with soap, water and washcloth when you start washing your hair. Dry thoroughly and apply Neosporin ointment to the incision twice per day for the first week.

Pain Control:

Use Tylenol or the pain medication given after the surgery as needed.

Return of Hearing:

It is normal to have some popping and noise in your ear, but don't expect much improvement in hearing until the packing is removed. After that, it may take up to 6 months to get the final hearing result.

Activity:

Avoid bending, heavy lifting and active sports for 10-14 days after the surgery.

Miscellaneous:

- Mild dizziness that improves daily is normal. If severe or persistent, call our office.
- Don't blow the nose for 3 weeks; this may separate the eardrum graft from the ear canal.
- Avoid situations that cause coughing or sneezing for the same reason as blowing the nose.
- If unavoidable, sneeze through your **OPEN** mouth.

Questions:

Contact our office if you have any questions not covered here.