



## Ear, Nose, & Throat Surgery Center

### MYRINGOPLASTY, TYMPANOPLASTY, TYMPANOSSICULOPLASTY, MASTOID SURGERY

#### POST-OPERATIVE INSTRUCTIONS

- Activity:** Normal, no heavy lifting.  
Automobile driving may be resumed several days after leaving the hospital if dizziness is not present
- Diet:** Regular. You may eat or drink as normal. Refrain from the use of alcohol because of the medications received, and as it tends to impede the healing response. You may wish to eat softer foods at first if the jaw area tends to be sore.
- Prescriptions:** Begin your prescriptions when you return home, and complete. Pain medication is available and to be taken as needed. (If taking Tylenol with Codeine, be sure to increase fluids for codeine can have a constipating effect).
- Hair Care:** You may give yourself a wet shampoo three days after surgery. When washing the hair, or coming in contact with water, coat a cotton ball with Vaseline completely and place it over the ear canal to form a seal. You may then shampoo. When done, remove the cotton ball and wipe any additional Vaseline away with a tissue. Do not go into the canal with any Q-tips. The doctor will clean and examine the ear canal on your post-operative visit. After shampooing make sure to blot the incision area dry so there is no added moisture under the adhesive tapes.
- Additional Instructions:**
- Do not blow your nose
  - Do not allow water to enter the ear canal.
  - Remove the head dressing 24 hours after your surgery and change the cotton ball in your ear daily.
  - If incision is present behind the ear, remove bandage on first post-operative day. Leave the small incision tapes in place until they fall off or the doctor removes them on your post-operative visit. The stitches will absorb so you will not have to have stitches removed.
  - Should drainage start to increase rather than decrease, become red, or have a foul smell, this should be reported to the office.
  - Do not be concerned regarding your hearing for 3-4 weeks post-operatively.
  - Any questions or concerns, please contact the office at (702) 792-6700.