



## DISCHARGE INSTRUCTIONS Tympanoplasty/Tympanomastoidectomy

|                             |  |
|-----------------------------|--|
| <b>Diet</b>                 | Return to your normal diet as tolerated.   |
| <b>Activity</b>             | Do not lie on the operative ear for the first 24 hours after surgery. Dizziness should be expected. Move slowly, especially when changing positions from lying to sitting to standing.   |
| <b>Medications</b>          | Take your prescribed pain medication as directed by your surgeon or 1-2 Tylenol tablets every 4-6 hours, as needed.  |
| <b>Hygiene</b>              | Do not get water in your ear. Do not wash your hair until advised by your surgeon. If your surgeon allows hair washing, use a vaseline coated cotton ball in the outer ear canal.<br>DO NOT comb/brush your hair near the incision or sutures. |
| <b>Dressing</b>             | Change cotton ball in outer ear canal, if saturated, being <u>very careful</u> not to disturb packing in the ear.  |
| <b>Social</b>               | Your surgeon will advise you when you can return to work/school.   |
| <b>Special Instructions</b> | If you must sneeze or cough, open your mouth to let the force out. Nose blowing should be avoided. You should not swim for several months after surgery. Flying is not recommended for 4 weeks after surgery.                                  |
| <b>Follow-up</b>            | Make a follow-up appointment as instructed by your surgeon.  |

**CALL YOUR SURGEON DURING OFFICE HOURS OR GO TO THE NEAREST EMERGENCY DEPT. IF:**

1. You have a fever over 38.5C or 101.3F.
2. You have excessive bleeding or drainage from your ear (a small amount of discharge is normal).
3. You have pain unrelieved by your pain medication.
4. You have increased nausea and vomiting.