POST OPERATIVE INSTRUCTIONS
Tympanoplasty to Repair Eardrum Hole

The post-operative patient will be discharged from the Outpatient Department of the hospital after he/she is fully awake. Drowsiness and nausea may occur, but is rare. You may wish to bring a container in the car, in case car motion causes the patient to become sick on the way home. Please allow them to rest, as needed, when they get home.

Discomfort – There is minimal discomfort associated with this surgery. Typically, Tylenol and/or ibuprofen is sufficient to help with any pain that may be present.

Hearing – The biggest complaint most patients have is substantial hearing loss. This hearing loss is due to packing material inside the ear canal to allow the patch to stay in place. Until this packing material is completely resorbed or eliminated by the ear canal, hearing will be decreased. Any residual packing material that is present 2 months after surgery will be removed in the clinic.

After Care for the Ear — KEEP THE EAR DRY!!! Do NOT let any water enter into the ear canal. If necessary, place a cotton ball in the ear whenever taking a shower. Swimming should be avoided for minimum 2 months. You may blow the nose gently. However, AVOID any strong nose-blowing for minimum 2 months… otherwise you may risk blowing the patch off the eardrum. Avoid any air travel for minimum 2 months. Flying will cause pressure to build up in the ear which risks displacement of the patch.

After Care for the Skin — There will be a small 1cm incision in the back of your neck. This incision was created to obtain same fat tissue which acts like a biologic scaffold to help the body heal the eardrum hole closed. Gently remove any scabs that develop with hydrogen peroxide. Apply antibiotic ointment 3 times per day until the skin is closed. Stitches used to close the incision is absorbable and does not require manual removal.

Diet and activity – Normal diet and activity may be resumed upon discharge from the hospital. However, no swimming for minimum 2 months after surgery.

Drainage from The Ear – It is normal that over time, thick gooey material may come out in clumps from the ear canal. This is packing material and it is normal to come out like this over time. There may also be some clear to pink discharge from the ear for the first 48 hours. This is also normal. However, if drainage persists or begins 2 days after surgery, then it is likely that an ear infection is present. Anytime this occurs, you need to call the office with this information so than an appointment can be made or a prescription can be called to your pharmacy to treat the infection.

Return Visits – A post-operative appointment typically is scheduled for two weeks after the surgery. The ear canal as well as skin incision site will be examined to ensure proper healing. After that point, a follow-up visit is normally made for 2 months at which time any residual ear packing material is removed and a hearing test performed.