

POSTOPERATIVE INSTRUCTIONS

CHRONIC EAR SURGERY

TYMPANOPLASTY, TYMPANOMASTOIDECTOMY, MASTOIDECTOMY

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Leaving the Hospital

- You will receive a prescription for pain medicine and sometimes an anti-nausea medicine. You will also receive an antibiotic for 4-10 days.
- The bandage should be removed two days following surgery.

Home Care-The First Few Days

- First 24 hours after surgery:
 - Remove all gauze from around the ear
 - Remove the cotton ball from the outermost part of the ear canal.
 - Replace cotton ball several times daily as needed to absorb the drainage.
- It is normal to see blood-tinged or brown drainage from the ear for several days.
- If the drainage becomes yellow, green, or has a foul smelling odor, please call the office.
- The ear canal will be filled with dissolvable packing, which should be left in place.
- With some procedures a half-inch gauze roll is placed in the outer ear canal and should also be left in place.
- Do not clean the ear canal with cotton swabs. Clean the outer ear with a soft cloth or cotton swabs to remove dried blood, but if the ear is tender this is not necessary.
- You may wash your hair 3 days after surgery but keep all water out of the ear canal. Use a cotton ball coated heavily with antibiotic ointment and place it in the outermost part of the ear canal.
- If there is an incision behind the ear it will be covered with Steri-strips and these should be left in place. These will remain adherent for 10-12 days. No care is necessary, just keep them dry.
- Do not blow your nose for 4 weeks after surgery. Sniffing is okay.
- You may fly 6 weeks following surgery. Whenever you fly, take an over the counter decongestant 30 minutes before take-off. Before the plane begins to descend, spray your nose with Neosynephrine or Afrin nasal spray. Use this procedure whenever you fly in the future. You may use the same treatment when traveling by car in mountainous region.
- No vigorous physical activity, including sports, until seen for your post-operative visit. With exception of these restrictions, you may return to work or school as overall condition permits. After 3 weeks you may resume all activities, including sports and physical exercise.

- You may hear a variety of noises in your ear such as cracking or popping. This is part of the normal healing process.
- Dizziness or lightheadedness is normal for up to 1 week after surgery.

Home Care- After the First Few Days

- Drainage should begin to decrease and pain should also subside. Please continue taking Ibuprofen or Tylenol for relief of mild pain. It is normal for the top ½ of the ear to feel numb and this will take several months to return to normal.
- There may be change in taste (usually described as metallic) on one side of the tongue and this usually improves within several months.
- If you return for an office visit within 2 weeks, the Steri-strips will be removed in the office. If the appointment is later than this, you may remove the Steri-strips at home.
- All stitches are under the skin and will not need to be removed. After the Steri-strips are removed, the incision should be cleaned gently with peroxide once or twice daily until no crusting is noted. A thin layer of antibiotic ointment (Neosporin, Polysporin, Bacitracin, etc.) is helpful for 7 days after removal of Steri-strips.
- Continue to keep all water out of the ear canal.

First Follow-up Appointment

- Call the office for a follow-up appointment at the time recommended (typically 2 weeks following surgery) by Dr. Adunka. Sometimes this appointment may be with your referring otolaryngologist, in which case, Dr. Adunka will send a letter detailing your surgery and recommended follow-up care before you see the physician.

Call office if:

- Increased pain not relieved by prescription medications.
- Large amounts of bleeding from the ear area.
- Pus/Foul smelling drainage from the ear.
- Redness in the ear area.
- Temperature over 100° on 2 consecutive readings.
- Severe dizziness.

Important Contact Information

The Ohio State University

- (614) 366-3931 or dania.ahmed@osumc.edu
Dania Ahmed in Dr. Adunka's office
non emergent questions, scheduling
- (614) 366-3687 Hospital Operator
after hours, ask for ENT resident



Nationwide Children's Hospital

- (614) 722-2000 Operator
after hours questions, ask for ENT resident
- (614) 722-6547 ENT Nurse line
- (614) 722-4333 Emergency Department
after hours emergency, only if no response from resident

