

## **SURGEONS**

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## **OFFICES**

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## **OFFICE PHONES**

TELEPHONE: (423)267-6738  
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# **TYMPANOPLASTY OR MASTOIDECTOMY HOME CARE**

## **EXPLANATION OF PROCEDURE**

Tympanoplasty (tim' pan o plas' te) is a type of ear surgery where the eardrum is rebuilt to help the patient hear better. Mastoidectomy (mas-toid-ek-te-me) is another type of ear surgery in which unhealthy bone and tissue is taken from the ear. These surgeries may be done apart or at the same time.

## **NAUSEA**

An upset stomach is common after ear surgery. When the patient is no longer nauseated, try clear liquids (such as Kool-Aid, soft drinks, popsicles, water, Gatorade, apple juice or Jello) in small amounts. If clear liquids are tolerated, you may continue with a light diet after one hour. In several hours, if the light diet has been tolerated, a regular diet can be resumed.

## **DRAINAGE**

There may be drainage of fluid from inside the ear after surgery. The drainage may be clear, pink, or bloody and may last for 2 to 3 weeks. Call the office nurse (423)267-6738 if the drainage seems excessive or develops an odor.

## **PAIN**

There may be pain after surgery. Give Tylenol every four hours following dosage instructions on the bottle or prescription medicine as directed for pain.

## **BLOWING NOSE**

**DO NOT BLOW THE NOSE FOR TWO WEEKS AFTER SURGERY.** Try to sneeze with the mouth open.

## **DRESSING AND INCISION CARE**

You may have no incision or your incision may be over, behind or in front of your ear, depending on the type of surgery. The dressing over the incision may be a small piece of gauze and tape over the area or a larger dressing. Keep the dressing dry unless otherwise directed by the doctor. Your doctor will instruct you regarding removal of the dressing.

After the dressing comes off, the incision needs to be cleaned at least once a day. To do this, use a mixture of ½ Hydrogen Peroxide and ½ water on a Q-tip. Apply Neosporin Ointment or the ointment prescribed by your physician to the incision area after cleaning.

## **SHAMPOOING YOUR HAIR**

Water should be kept out of the ear until it has healed well. Do not wash the hair for one week. At that time you should still be careful not to get water in your ear or on the incision. A dry shampoo is available at most pharmacies.

## TYMPANOPLASTY OR MASTOIDECTOMY HOME CARE Cont....

### OTHER

Feelings of fullness in the ear and popping sounds during the healing period are normal. Hearing may not improve for 6 to 8 weeks after surgery. Hearing will be tested at that time. Notify the office if you experience prolonged dizziness or facial weakness or numbness (423)267-6738.

### CALL THE OFFICE (423)267-6738

**Be sure to have your pharmacy name and telephone number available when you call.**

1. If the ear drainage develops an odor or becomes thick and purulent.
2. If the patient gets sick to his/her stomach more than 3 times after you get home.
3. If you have dizziness that doesn't improve within 3 to 4 days, or if the dizziness continues to cause nausea and vomiting.
4. If the dressing becomes covered or full with drainage.
5. If marked swelling develops behind the ear.
6. If there is persistent bloody or watery drainage from the incision area.
7. If you experience weakness in the face.

### SPECIFIC INSTRUCTIONS

Return to the office on \_\_\_\_\_, 20 \_\_\_\_\_ at \_\_\_\_\_ a.m. / p.m.