



Tympanoplasty / Tympanomastoidectomy Ossicular Reconstruction / Chronic Ear

Post-Op Instructions



Pain: Take prescribed pain medication as directed. You should also be alternating Tylenol® and Motrin® for pain, unless otherwise directed. A stool softener is recommended while taking narcotic pain medication to prevent constipation.



Incision Care: Your ear contains absorbable packing that will be removed at your first follow-up visit. If you have an incision behind the ear, it may have steristrips or absorbable sutures. These should remain in place until your follow-up appointment, although it is acceptable if steristrips fall off on their own. A pressure dressing may be removed the day after surgery and may be worn at night for comfort. You may shower after surgery, but avoid splashing water directly on the incision and gently pat it dry afterward. Do not take baths until you are cleared by your surgeon.



Activity: Avoid strenuous exercise and heavy lifting for two weeks. Most normal activities may be resumed after three weeks, following any manufacturer restrictions. Do not bend over for one week; if bending is necessary, bend at the knees rather than at the waist. Use an open mouth to cough or sneeze. Do not blow your nose for two weeks. After two weeks, you may blow your nose gently, one side at a time. Air travel is permitted to begin three days after surgery. Before flying, take an over-the-counter decongestant 30 minutes prior to takeoff, and use Neo-Synephrine or Afrin® nasal spray before descent. These precautions should be used when traveling through mountainous areas.



Other Expectations: You may notice cracking or popping noises in the ear as part of normal healing. Dizziness or lightheadedness may persist for up to 1 week, and tinnitus (ringing in the ears) may also be present. Pain typically decreases after the first few days. Temporary numbness at the top of the ear and changes in taste (often metallic) can occur and may take several months to improve. You will be prescribed an ear drop to start 7 days after surgery.



When to Call the Office: You should contact our office if you have any of the following: increased pain, excessive bleeding from the ear, signs of a wound infection, a temperature over 101 °F or severe dizziness.

WE ARE HERE FOR YOU

Please don't hesitate to contact our office at **518-701-2000** if you have any questions or concerns. We are happy to assist you.