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Sinus Disorders  
Pediatric ENT Care  
Ear Injuries & Disorders  
Thyroid Problems  
Hearing Loss  
Facial Plastic Surgery  
Voice Disorders  
Acid Reflux

## Post-Op Myringoplasty, Tympanoplasty, Stapedectomy Home Instructions

### Diet

Patients may resume a regular diet without restrictions. Many patients note a scratchy throat for the first day or two and may prefer soft foods initially.

### Activity

Light activity is recommended. Avoid heavy lifting and straining for at least two months after surgery. Nose blowing should be gentle and minimal. Forceful nose blowing can damage surgery done to middle ear. Sneeze with mouth open. DO NOT "pop" or blow air into your ears by holding your nose. When changing altitude chew gum. Avoid extreme changes in altitude and flying in airplanes for up to two months after surgery. Elevating the head while resting or sleeping may be helpful.

### Pain

Significant pain is uncommon after surgery. Your physician may prescribe a narcotic pain reliever. You may use this as prescribed for severe pain. Do not drive while taking narcotic pain medications. Acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) may also be used for mild-to-moderate pain. Narcotics may cause constipation; stool softeners such as docusate sodium (Colace) can be helpful for this.

### Ear Packing

- Remove the old cotton ball from your ear each morning. Place fresh cotton ball and place it in the ear. You can remove the pressure dressing and remove/replace blood tinged dressing as needed.
- If given eardrops, begin using 1 week after surgery unless instructed otherwise.
- Place drops in ear to loosen packing.
- Ear should drain over several days and packing will come out.

### Ear Pain and Drainage

- Thin brown or red tinged fluid will drain from the ear.
- You may notice a full sensation with popping sounds during the healing period in addition to sharp shooting pains post operatively, which is normal.

### Hearing Loss and Dizziness

- Hearing loss is expected immediately post-op due to packing and or due to surgery on the cochlea.
- We will not test your hearing for at least two months after surgery
- You may expect mild dizziness for a few days after surgery. If the dizziness is severe with associated vomiting, please call the office for further instructions.

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## **Post-Op Myringoplasty, Tympanoplasty, Stapedectomy Home Instructions (continued)**

### **Taste Disturbance**

Taste disturbance and mouth dryness are common for a few weeks and sometimes a few months after surgery.

### **Nausea/Vomiting**

Some patients may experience nausea and/or vomiting after surgery. Your physician may prescribe medication for nausea. Please call to speak with our nurse if you need help managing nausea or vomiting.

### **Medications**

Patient should resume all regular medications after surgery. Take antibiotics if instructed to do so post operatively.

### **Fever**

Please call the office if:

- Your temperature is greater than 102°F
- You have discharge from the ear that becomes yellow or green and has a foul odor
- You have symptoms of a cold or infection

If you have any questions or concerns, please call the office and ask to speak with the nurse.