POSTOPERATIVE INSTRUCTIONS FOR TYMPANOPLASTY/MASTOIDECTOMY PATIENTS
DAVID S. HAYNES, M.D., F.A.C.S.

Please follow these instructions carefully when you are at home. Taking care of yourself will help you feel better, avoid any complications, and heal more quickly.

APPOINTMENT AFTER SURGERY:

Unless you have been given other instructions, please call the doctor's office at 615-322-6180 (Vanderbilt) or 615-222-6099 (St. Thomas) to make an appointment for three weeks after your surgery. Your appointment may have already been made prior to you leaving the hospital.

TAKING CARE OF YOURSELF:

- On the morning after your surgery, please remove the plastic dressing from your ear. As mentioned, this dressing will be fairly bloody following surgery. Behind the ear will be a dried Telfa pad. Please remove this Telfa pad revealing an incision behind the ear. It is possible, if your surgery was done through the ear canal, that no Telfa pad and, therefore, no incision will be present behind the ear. Carefully look in the ear canal. There will be a bloody cotton ball. It is important to remove this cotton ball. Deep in the ear canal will be antibiotic ointment and absorbable packing. This is not to be disturbed. This may come out as you change the cotton balls. However, do not attempt to remove this absorbable packing. After the cotton ball has been removed, replace it with another cotton ball. Keep replacing the cotton ball until the cotton ball is dry without further bleeding or drainage. This should take 2-3 weeks.
- Keep water out of your ear canal for 4-6 weeks after surgery.
- For a day or two, do not directly get your hair wet in the shower. You may clean around the ear and clean the hair with a washcloth. You may shower two days after surgery. It is helpful to place ointment (usually bacitracin) on the cotton ball in the ear canal at this time and place ointment behind the ear on the incision to protect the incision from water.
- It is common in your ear to hear popping and to have a full sensation. It is also common for your outer ear to swell slightly and turn slightly forward.
- You should not expect any significant changes in your hearing over the first 6-8 weeks following surgery, as it takes time for the inside of your ear to heal. Your hearing will be evaluated at a later point after you have healed adequately.
- For three weeks after surgery, do not strain yourself or lift anything that weighs over 5-10 pounds.
- Try not to blow your nose or sneeze. If you must sneeze, do so with your mouth open.

Call 615-322-6180 or 615 222-6099 at any time either day or night if you have:

- Pain in your ear.
- Redness around your ear.
- Bad smell coming out of your ear or severe swelling around your ear.
- Any questions.