PATIENT INSTRUCTION SHEET FOR AFTER SURGERY

TYMPANOPLASTY

A Tympanoplasty is performed due a perforation in your tympanic membrane, otherwise known as your eardrum. This is about a 30 minute outpatient procedure; you will be released to go home later that day. Recovery from surgery generally takes 3-4 days. You will need to call the office to schedule an appointment with Dr. Herzog 4 weeks after surgery, unless otherwise specified.

Medication

Pain medication: Take this as prescribed only on an as needed basis. Do not drive or operate machinery while using narcotics. Avoid taking on an empty stomach. You may have better pain relief by alternating the narcotic pain medicine with up to 800MG of Ibuprofen every 4 hours as needed, or Tylenol 500-1000MG every 6 hours as needed.

Antibiotic: Start the antibiotic the evening you go home from surgery and take until the prescription is finished. Avoid taking on an empty stomach.

Ear drops: You will need to start using the ear drops exactly 1 week after surgery and continue until you return to see Dr. Herzog. It is important you use the drops until you return to see him as they will begin to dissolve the packing in the ear and keep it moist.

After-Care

Incisional Care: You will have an ear shield dressing or Band-Aid on your ear after surgery; this can be removed the following day. Wash your hands before and after caring for the incision. You can use a cotton ball or Q-tip to gently clean the incision with hydrogen peroxide. Dab the incision, do not rub, pick, pull or scratch it! Apply any over the counter antibiotic ointment such as Neosporin to the incision. Keep the ear and incision dry when showering or bathing for the first week after surgery. Starting 1 week after surgery you can get the incision wet. Your stitches are dissolvable and will begin to fall out 1-2 weeks after surgery.

Ear Canal Care: You will have packing in your ear after surgery which will make your hearing sound muffled, along with a feeling of fullness or pressure, which is normal. Do not stick a q-tip or anything in your ear canal under any circumstances!!! It is crucial to keep the ear canal dry by putting a cotton ball smeared with Vaseline into the ear canal whenever showering or bathing. Change the cotton ball 2-3 times a day as needed; you will need to keep a cotton ball in your ear at all times until you return for your 1st post op visit. It is normal to have some bloody ooze and pain during the week after the procedure. Dizziness is normal after surgery, this can be a result of anesthesia or residual inflammation and swelling, you should begin to notice an improvement within the first week after surgery.

Avoid lying on the operative ear for 1 week after surgery. No strenuous activity for 4 weeks, including no heavy lifting over 10lbs. Do not travel on an airplane for 4 weeks, unless otherwise approved. Avoid situations where you might have to make sudden head movements. Do not blow your nose or sneeze with your mouth closed. Try not to blow your nose for at least a few weeks after surgery.

Call the office if you have a temperature over 100.3, your incision is red, swollen or coming apart, you have excessive drainage from your ear or incision, clear fluid draining from you rear, incision or nose. Do not wait until your next office appointment to report any problems or questions. The office number is 314-453-0001 and the after-hours exchange is 314-364-5323.