

DISCHARGE INSTRUCTIONS FOR TYMPANOPLASTY

Tympanoplasty (also called an eardrum repair), refers to surgery performed to reconstruct the damaged eardrum, stop infection, and improve hearing.

HOME CARE:

- ▶ Keep head slightly elevated for the first **24 hours** after you go home.
- ▶ Keep the ear cup on for **24 hours**. In **24 hours** undo the Velcro strap, take off the cup, take off any gauze (blood on the gauze is normal), and take off the white nonstick layer under the gauze. There will be skin glue over the incision. It is normal for this to have some blood under the glue. You can change out the cottonball, but do not remove the packing in the ear canal.
- ▶ The ear canal and ear incision should be kept dry from water for **1 week**. When you shower hold a folded towel over the ear with 1 hand and you can wash your hair by tilting your head away from the operated side.
- ▶ Sneeze with your mouth open and **do not** pinch your nose.
- ▶ Before doing any strenuous exercise, such as weight lifting, flying in a plane, or swimming; get Dr. Voelker's permission.
- ▶ Expect a small amount of drainage from the ear.
- ▶ You will be given **1 week** of oral antibiotic to decrease the risk of wound infection. Tylenol is usually sufficient for pain control.
- ▶ Your hearing will most likely be worse than before surgery due to the packing in your middle ear and the packing filling your ear canal.
- ▶ **DO NOT:**
 - ▶ Do not do anything that makes your ears pop.
 - ▶ Do not blow your nose or exhale with your nose held closed.
 - ▶ Do not do any activities involving heavy lifting and straining.
 - ▶ Do not be alarmed if the skin of your outer ear is numb. This is a result of the surgery. The feeling should come back in a few months.
 - ▶ **Do not start the ear drops until 2 weeks after your surgery.**

FOLLOW-UP CARE:

- ▶ You will have a **1 week follow-up appointment** with Dr. Voelker to check that your incision is healing well. Make follow-up appointments as directed by our staff. Your ear has special packing material in it. Parts of the material may need to be removed at specific times.
- ▶ Ask Dr. Voelker when you may resume work, as specific restrictions may need to be applied.

WHEN TO SEEK MEDICAL CARE:

Call Dr. Voelker right away if you experience any of the following:

- ▶ Ear pain
- ▶ Bleeding
- ▶ Facial weakness or facial drooping
- ▶ Problems with balance or walking
- ▶ Increased redness or swelling around the ear
- ▶ Significant dizziness
- ▶ Foul-smelling drainage from the ear or the incision
- ▶ Persistent headache
- ▶ Double vision or blurred vision
- ▶ Fever of 100.4°F (38°C) or higher, or as directed by Dr. Voelker