



Post Operative Care Instructions Following Tympanoplasty with or without Mastoidectomy

JUSTIN PAVLOVICH, MD

9250 SW Hall Blvd., Tigard, OR 97223

503-293-0161 x 4057

The following instructions will help you know what to expect in the days following ear surgery. Do not however, hesitate to call if you have any questions or concerns.

ACTIVITY: There are some limitations on activity until the incision behind your ear heals. You should limit activities for the first 3 days after surgery. Thereafter, a slow increase in activity is desirable. Avoid exertion or active play for 10 days after surgery. You should avoid nose blowing for 3 weeks following surgery. Sneezing should be done through an open mouth. You may return to school/work in 7-10 days after surgery depending on how you feel. There is to be no gym or swimming for one month after surgery.

DIET: Normal

PAIN: Tylenol (acetaminophen) may be given to relieve any discomfort. Following the directions on the bottle. Avoid medication containing aspirin, ibuprofen, or other anti-inflammatory medication for 10 days. We will give you a prescription for Tylenol with Codeine for pain not controlled by regular plain Tylenol. Pain should diminish with time. Please call if it is getting worse rather than better.

FEVER: A low-grade fever may occur and should be treated with Tylenol (acetaminophen). If the fever persists, call.

DRAINAGE: During the week after surgery, there may be some blood-tinged discharge from the ear(s). Some bleeding immediately surgery is not uncommon. There may also be some drainage from the incision behind the ear(s). This is not a problem.

EAR DROPS: We are sending you home with antibiotic eardrops. Please follow the instructions given to you for their use.

CARE OF THE INCISION: Please leave the ear dressing on for 2 days. Apply antibiotic ointment (such as bacitracin or triple antibiotic) to the incision behind the ear 3-5 times a day after removal of the dressing. I use absorbable sutures to close this incision and these do not need to be removed. If you develop a painful tender swelling behind the ear (a hematoma) please call.

KEEP EARS DRY: Do not swim or shower until we have given you clearance to do so.

WASHING HAIR: Do not wash hair until after the first post operative visit

FOLLOW UP: Arrange to see us 7-14 days after surgery.