
Tympanoplasty Post-op Instructions

ENT of Athens

- Dizziness may occur immediately following surgery and may persist up to 1 week.
- You may have some bleeding the ear - place a cotton ball in the ear and change every few hours. If you are changing the cotton ball every 1 to 2 hours, notify your doctor.
- Do not blow your nose until your doctor has indicated that your ear has healed.
- Sneeze with your mouth open to avoid pressure building up and effecting the new graft.
- Do not allow water in your ear until the doctor has cleared you. Doc's earplugs are available at your physician's office or Mac's earplugs are available at the pharmacy. If you do not have earplugs, you may pinch off a piece of a cosmetic cotton ball, slightly roll it, smear it with Vaseline, and place the Vaseline side to the inside of your outer ear canal.
- Avoid constipation with a stool softener, such as colace.
- Do not drive while taking narcotic pain medication.
- You may use Motrin in addition to any prescribed pain medication. Take care when taking Tylenol along with prescribed pain medication that contains acetaminophen so as not to exceed the daily limit for acetaminophen.
- Do not fly in an airplane or helicopter for 6 weeks after surgery or until cleared by your physician.
- Call your physician for uncontrolled pain or concern for ear infection.
- Avoid strenuous exercise until cleared by your physician.
- You may resume a regular diet after surgery. Keep the first meal light in case of nausea from anesthesia.

If you have any concerns or questions, please contact your physician at **706-546-7908**.

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