

# ***Home Care After Tympanoplasty***

## ***Definition/Explanation:***

Tympanoplasty is a type of ear surgery. This surgery is designed to rebuild the eardrum and to help you or your child hear better and have a dry ear.

## ***Care/What to Expect:***

1. Nausea. An upset stomach is common after ear surgery. When you or your child is no longer nauseated, try clear liquids in small amounts. If clear liquids are tolerated, you may continue slowly with a light diet then on to a regular diet.
2. There may be drainage of fluid from inside the ear after surgery. The drainage may be clear, pink, or bloody. It may last for 2-3 weeks. Call the office if the drainage develops an odor.
3. There may be a dressing over the incision. Keep the dressing dry unless otherwise directed by the doctor. You can usually remove the dressing the day after surgery.
4. There may be a feeling of fullness in the ear. The ear may have popping sounds during the healing period. This is normal.
5. Water should be kept out of the ear until it is healed. Keep water out of the ear for one week.
6. DO NOT BLOW THE NOSE FOR TWO WEEKS AFTER SURGERY.
7. Try to sneeze with the mouth open.
8. Hearing may not improve until 8-12 weeks after the surgery. Hearing will be typically tested at that time.
9. The patient will need to be seen one or two weeks after the surgery. If there are problems before that time, call the office.
10. There may be some pain after surgery. Give Tylenol per package instructions every four hours or prescription medicine as directed for pain.
11. Do not place or stick anything into the ear canal.
12. Do not fly within 6 weeks after surgery unless discussed with your surgeon.

## ***Incision Care:***

There may be drainage from the incision or ear canal for about ten days after surgery. The drainage may be bloody or watery. If this happens, tape a piece of gauze behind the ear or a cotton ball at the outside of the ear canal.

After the dressing comes off, the incision behind the ear (if there is one) needs to be cleaned. Clean the incision area two to three times a day. To do this, use a mixture of 1/2 Hydrogen Peroxide and 1/2 water on a Q-tip. Apply antibiotic ointment to the incision area after cleaning. Don't place anything into the ear canal unless drops were prescribed.

## ***When to Call the Doctor:***

- If the ear drainage develops an odor.
- If the dressing becomes covered or full with persistent drainage.
- If marked swelling develops behind the ear.
- If there is heavy or persistent bloody or watery drainage from the incision area.

## ***For Questions:***

Call the office at **662-327-4432**.