

# Tympanoplasty Post-Operative Instructions

A tympanoplasty is a surgical procedure to repair the ear drum (tympanic membrane) and/or the bones of the middle ear.

- A tympanoplasty can be performed through the ear canal, through an incision in the ear, or an incision behind the ear.
- To repair a hole in the ear drum, or a perforation, a graft may be taken. The most common site is the temporalis fascia.
- The procedure is usually an outpatient surgery

## What are the risks of a tympanoplasty?

- Failure of the graft
- Inadequate hearing improvement, or even hearing loss
- Infection
- Bleeding

## Wound care instructions:

- Keep the bulky dressing on for 48 hours and then remove
- DO NOT REMOVE INNER EAR PACKING
- The packing will be removed in the clinic at your post-operative checkup
- If the packing begins to come out, cut dressing close to ear
- You will be prescribed ear drops after the dressing is removed

## Suture Line Care:

- Wash your hands with soap and water before and after caring for the incision
- Cleanse suture line (stitches) 3 times a day to remove drainage
- Moisten Q-tips with hydrogen peroxide
- Apply a thin film of the ointment you were prescribed using a Q-tip
- Keep the incision open to air with no dressing

## What to expect after surgery:

- Initially, you may have some drainage (bloody in color)
- This should stop after 3 days
- Dizziness, if this persists call the ENT clinic
- Absolutely cannot get water in the ear
- No showering until post-operative checkup
- To avoid water in the ears: apply Vaseline jelly on cotton ball and place Vaseline side in the ear (this creates a water barrier)
- No lifting over 5 lbs for at least 2 weeks
- Sneeze with mouth open
- You will return to the ENT clinic 1 week after surgery for post-operative checkup

## Call the ENT clinic or Case Manager if you experience any of the following:

- Drainage that persists
- Swelling
- Increased pain
- Fever of 101° or higher

