

## **Post-Operative Instructions: Tympanoplasty and/or Mastoidectomy**

H. Dennis Snyder, M.D., F.A.C.S.

Seema V. Byahatti, M.D., F.A.C.S., MBA

Russell S. Shu, M.D., F.A.C.S.

Douglas A. O'Brien, M.D.

Pratik S. Pradhan, M.D.

Jagdish K. Dhingra, M.D., F.R.C.S.

Tiffany A. Hron, M.D.

Walid I. Dagher, M.D.

[entspecialists.com](http://entspecialists.com)

### **Norwood**

825 Washington Street, Suite 310

MA, 02062

P: 781-769-8910

F: 781-255-9844

### **Brockton**

35 Pearl Street, Suite 200

MA, 02301

P: 508-588-8034

F: 508-897-0475

### **Taunton**

72 Washington Street, Suite 1600

MA, 02780

P: 508-880-3460

F: 508-880-5335

### **Plainville**

188 Washington Street

MA, 02762

P: 508-699-1701

F: 508-699-1706

- You will have a cotton ball in your ear. Change it 2x daily or more often as needed if it is saturated with any blood. You will have packing material and/or ointment against your eardrum that will be removed by your doctor after 2 weeks or will slowly dissolve on its own.
- Do not get water in the operated ear until your doctor gives permission to do so.
- To avoid getting water in your ear while bathing or showering, place a cotton ball coated with Vaseline® in the outer portion of the ear, thus making a water proof oily plug.
- No heavy lifting, bending or strenuous activity for 2 weeks after packing removal.
- No air flight travel for 2 weeks after packing removal.
- Do not blow your nose for 2 weeks. When sneezing, keep your mouth open.
- If you have sutures behind the ear, apply Bacitracin or Vaseline® ointment to this area 2x daily. Wash your hands before applying ointment. Dermabond® ("superglue" for the skin) may have been used to cover the incision behind your ear, if so it appears like a clear plastic coating. Do not apply ointment to this for 7 days, just gently clean around and dry after bathing. After 7 days, apply ointment to help dissolve the Dermabond.

**Hearing:** After the packing is removed, your hearing may seem "hollow" or muffled. These sensations are temporary. It will take some time for your hearing to reach its maximum level of improvement. Therefore, a postoperative hearing test will not be done until 6 weeks following surgery.

**Taste:** The nerve that supplies taste to the tongue is located in the middle ear. This nerve may be disturbed during surgery, and you may notice temporary changes in your sense of taste following surgery.

### **Please notify us if you notice any of the following:**

- Fever greater than 101°F
- Drainage from the operated ear
- Hearing loss
- Dizziness