

ARIZONA

HEARING CENTER

Mark J. Syms, M.D.

2627 North 3rd Street

Suite 201

Phoenix, AZ 85004

(P) 602.307.9919 (F) 602.307.5905

Tympanoplasty and Mastoidectomy

POST OPERATIVE INSTRUCTIONS

Please Read Before Surgery

This information is to help you care for your ear following surgery and to answer many of the commonly asked questions

Day of Surgery

Please do not take any valuables to the hospital. This includes jewelry and handbags. Please do not apply makeup prior to surgery. Do not eat or drink after midnight before surgery, including water.

PRECAUTIONS

1. Do not blow your nose until the P.A. or the Doctor has indicated that your ear is healed. Any accumulation of secretions in the nose may be drawn back into the throat and expectorated if desired. This is particularly important if you develop a cold.
2. Do not "pop" your ears by holding your nose and blowing air through the eustachian tube. If it is necessary to sneeze, do so with your mouth open.
3. Do not allow water to enter the ear until advised by the P.A. or the doctor that the ear is healed. When showering or washing your hair, place a cotton ball with Vaseline in your ear canal. Place the Vaseline on the cotton and work it into the cotton until there is no dry cotton. Keeping water out of the ear will help to encourage the healing process.
4. Do not take any unnecessary chance of catching cold. Avoid undue exposure or fatigue. Should you catch a cold, treat the

cold in your usual way, contacting the office if you should develop ear symptoms.

5. You may anticipate a certain amount of pulsation, popping, clicking and other sounds in the ear. There may be a feeling of fullness in the ear. Occasional sharp shooting pains are not unusual. Additionally, it may feel as if there is liquid in the ear.

6. Do not plan to drive a car home from the hospital. No public transportation may be used. Please arrange to have someone available to drive you home. When changing altitude you should remain awake and chew gum to help with equalization of your ears.

7. Minor degrees of dizziness or light-headedness may be present with head motion and is normal after ear surgery. If the feeling persists for seven days after surgery or increases, please contact the office.

8. You may resume light aerobic exercise one week after surgery. Please do not start any weight lifting or straining for at least three weeks after surgery.

9. Taste disturbance and mouth dryness is not uncommon for a few weeks following surgery. In some patients recovery may be prolonged.

10. Ear numbness is not uncommon for a few months following surgery. In some patients the numbness is prolonged.

Hearing

Hearing improvement is rarely noted immediately following surgery. Hearing may even be worse temporarily due to swelling of the ear tissue and packing in the canal. Six to eight weeks after surgery an improvement may be noted. Maximum improvement may require up to six months.

Dressing

If you have a dressing on, please remove it the morning following surgery. Cut the dressing in the region above the eye where the dressing comes together. Remove the cotton ball from your outer ear. The cotton ball may be blood stained. The cotton ball will come out as one piece. Please do not remove multiple pieces of material from your ear. Behind the cotton ball is packing. It is brown and gooey. Do not remove the packing.

Please do not remove the white strips of tape behind the ear. The white strips can get wet on the third day after surgery. Approximately 7 to 10 days after surgery, the white strips will start to peel up and you may remove them at this time.

Change the cotton ball as often as necessary as long as fluid continues to drain from the ear. You no longer need to use a cotton ball once the cotton ball no longer becomes soiled when placed in the ear canal.

Discharge

A bloody or watery discharge may occur during the healing period. The discharge will often last up to a week after surgery. You may change the cotton ball as it becomes soiled. In general, the less done to the ear the better. A yellow or malodorous discharge is an indication of infection. If this occurs please contact the office.

Ear Drops

You will be given a prescription at the time of surgery, start using these drops three weeks

after surgery for 21 days, unless otherwise directed by the provider. The drops will help loosen the packing, which will dissolve in the ear canal. Tip the head to the side for five minutes and then place cotton in the outer ear if there is liquid running from the ear. Please remove the cotton ball a few minutes later. Do not place a cotton ball in the ear canal continuously.

Pain

Mild, intermittent ear pain is not unusual during the first two weeks. Pain above or in front of the ear is common when chewing. Occasional shooting pain in the ear is not unusual. If an incision has been made above your ear, you can expect the region to remain tender and to have some discomfort for a period of a few weeks. The nerve that innervates the ear has been injected with a long term anesthetic. Please take ibuprofen as directed every four hours while awake for the first 48-72 hours after surgery. Please inform the doctor if you are allergic to any medicines.

Dizziness

Minor degrees of dizziness may be present with head motion and is normal after ear surgery. Please contact the office if the dizziness increases.

Post-Operative Appointment

Post-operative visits are usually scheduled six weeks following surgery. On some occasions the time interval will be about ten days. An appointment time may have been scheduled prior to surgery. This will be indicated on your surgery scheduling form. If you do not already have a post-operative appointment, please call the office as soon as possible during regular hours to schedule your appointment.

The Arizona Hearing Center wants all of your questions to be answered. We would rather you err on the side of calling rather than not caution. Please feel free to call at 602-307-9919.