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FACIAL PLASTIC & COSMETIC SURGERY  
ALLERGY TESTING & TREATMENT  
HEARING AID SALES & SERVICE

Post-Operative Instructions  
**TYMPANOPLASTY AND TYMPANOMASTOIDECTOMY**

If your surgery is done through an incision behind your ear, you will have a head dressing wrapped around your head after surgery. **The dressing can be removed the morning after surgery.**

Under the dressing will be some gauze over the incision behind your ear. You can remove this along with the head dressing. Your sutures will most likely be under the skin and absorbed by your body.

There is a cotton ball in your ear canal that you can remove the day after surgery. Replace as needed to absorb blood and drainage from the ear canal. Under the cotton ball there is packing in the ear canal that you will place antibiotic ear drops into. This packing will be removed at the first and second post-operative visits. It is important to change the cotton ball only and **not remove any of the ear canal packing.**

You can shower 2 days after surgery. Apply antibiotic ointment (Bacitracin) to the post-auricular incision 2 times daily for the 1<sup>st</sup> week and then daily for 1 month. It is very important **NOT TO GET WATER IN THE EAR CANAL.** Use a Vaseline coated cotton ball when showering and bathing.

You will be seen 7-10 days after your surgery and remove the packing from the ear canal. It will take 1-2 visits to remove all the packing in the ear canal. If there is packing in the middle ear space your body will absorb it over the next 1-2 months. As the middle ear packing is reabsorbed, you will notice some popping and crackling in the ear, which is normal.

Due to the incision behind the ear, your ear may be numb for several months following surgery. You may also have taste disturbances or a metallic taste that can last for weeks to months. This is due to a nerve called the chorda tympani that gives taste to ½ of the tongue and can be stretched during surgery.

YOU SHOULD NOT LIFT ANYTHING HEAVY OR BLOW YOUR NOSE UNTIL THE DOCTOR SEES YOU IN THE OFFICE AFTER SURGERY. If you have to sneeze, please open your mouth. Do not fly or swim until the doctor allows you to do so. Patients who undergo a tympanoplasty and/or mastoidectomy operation are not cleared to fly for 3-4 weeks. Swimming or any water exposure is prohibited until the ear is fully healed which can take 2-3 months.

There should be some mild pain after surgery and this should subside in a few days. We will give you a prescription for pain medication that you should use only as needed. Do not drive or drink alcoholic beverages while taking the prescription pain medication. You can use Tylenol (Acetaminophen) for mild pain or discomfort, but not in addition to the pain medication given as that has Tylenol in it as well. If you take aspirin daily, please don't restart until after the first post-operative appointment. You may use over-the-counter Ibuprofen or Naproxen after 24 hours. If you are uncertain about the use of a medication, please call this office.

Contact our office if you have any concerns or worsening pain, dizziness, or fevers.

**A post-operative appointment has been scheduled for:** \_\_\_\_\_

**LOCATION:**

Southwest  
1555 44<sup>th</sup> St. SW Wyoming MI 49509

Northeast  
1425 Michigan NE Grand Rapids MI 49503

Mecosta  
705 Oak St. Big Rapids MI 49307