

Mastoidectomy/Tympanoplasty

Disclaimer: *The following information should not be considered medical advice or a substitute for a consultation with a physician. If you have a medical problem, contact your local physician for diagnosis and treatment.*

General Anesthetic: After a general anesthetic, you may experience some weakness, dizziness, and sleepiness. A responsible adult must stay with you for 24 hours because of the effects of anesthesia. Adults should not drive a car, operate dangerous machinery, or make important or legal decisions for 24 hours after anesthesia or while taking pain medication.

What to expect: Cotton will be placed in the ear after the surgery and there may be some blood tinged drainage. This is normal. Cotton in the ear can be replaced as needed. Once the ear drainage subsides, the use of cotton can be discontinued. Ear pain is usually not severe and will subside in a few days.

Diet: You may resume your regular diet as soon as you feel able. Anesthesia and medications may cause nausea or vomiting. Eat light meals and drink plenty of fluids.

Hydration: This is very important during the recovery period and will help the healing process. Avoid alcoholic beverages with cause dehydration and thickening of mucous.

Fever: It is not uncommon to run a low-grade fever, which can be expected after surgery. A fever below 101.5 degrees often clears and should not cause concern. This is probably the results of mild dehydration and the healing process. Please call us for elevated or persistent fever (>101.5° for 2 days).

Medications: Pain may be treated by a prescription pain reliever. Follow the directions carefully. If the narcotic causes nausea and vomiting, alternate Tylenol (acetaminophen) with the narcotics for pain management. If this does not help, call your physician. If your pain medication contains acetaminophen, make sure to monitor the dose of additional Tylenol. If oral antibiotics are prescribed, take these until they are finished. **Do not take aspirin or products containing non steroidal anti-inflammatory medications (i.e. ibuprofen) unless approved by your surgeon. These “thin the blood” and can lead to bleeding.**

Activities: A head dressing, if present, can be removed the day after surgery. Wipe the area around the ear with a clean damp cloth, avoiding incisions.

If there are stitches behind the ear, you may clean the stitches with hydrogen peroxide or water. Apply antibiotic ointment to the area twice a day.

Keep all water out of the operated ear. When showering, bathing or washing hair place

some Vaseline on a cotton ball and insert into the ear canal. Cotton alone will not work. When finished, remove cotton ball from ear and wipe the ear dry.

Keep your head elevated on two or more pillows when lying down.

Do not blow your nose. If you need to sneeze, open your mouth to avoid excessive pressure in the back of your nose.

Do not lift objects heavier than 5 lbs. Avoid strenuous activities. Most regular activities may be continued.

Ask about pre-formed or custom molded earplugs or headbands for water prevention. Wax plugs are not recommended.

Follow-up: The post operative appointment will be with your physician three weeks after surgery. Please call **206-215-1770** to schedule an appointment immediately if it has not been scheduled yet.

Contact the physician if you experience:

1. Excessive bloody or purulent drainage or severe dizziness.
2. Persistent severe pain not relieved by medication.
3. Elevated or persistent fever ($>101^{\circ}$ for two days).
4. Vomiting after stopping prescription pain medications or reaction to the post-op medications.



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