



## **DISCHARGE INSTRUCTION FOR TYMPANOPLASTY/ MASTOIDECTOMY**

### **Tympanoplasty**

- Following a tympanoplasty, a cotton ball will be placed in the outer ear. You may change this cotton ball as needed and apply Bacitracin ointment to the cotton ball before inserting (this helps prevent the inside of the ear from getting wet). **DO NOT REMOVE ANY PACKING OR PROBE THE EAR CANAL.**
- Do not participate in any strenuous activity such as exercise, weight lift, or any sports activity.
- It is normal to have small amount of bloody discharge for a few days after surgery
- Do not blow your nose
- Sneeze with your mouth open, indirect pressure may cause the graft to dislodge from the ear drum.
- Water should not be allowed to enter the ear this could result in pain, infection and failure of the graft. Swimming is prohibited until clear by your doctor.

### **Mastoidectomy**

- Following a mastoidectomy, a large, bulky, protective, pressure dressing will be placed over the ear. A Velcro-strapped ear shield will hold the dressing in place. This dressing may need to be changed with sterile 4x4's. **DO NOT REMOVE ANY PACKING OR PROBE THE EAR CANAL.**
- The incision behind or near the ear is held together by absorbable sutures. If the incision develops signs of infection, such as redness, drainage, and/or swelling, please call our office immediately.
- Bloody drainage from the ear for a few days is normal
- Do not wash the hair or get the head wet until advised.
- Avoid swimming until advised.
- Absolutely no diving for 3 to 4 months following surgery.
- Avoid bike riding, roller skating, skate boarding, or other strenuous activity (including physical education) until advised.
- Avoid trauma/blows to the head.
- No airplane travel until advised.

### **Remember your postoperative appointment**