



M I D W E S T  
Ear Institute

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### **SURGERY HOME CARE INSTRUCTIONS**

- Tympanoplasty (through postauricular incision) & Mastoid/Ossicular Reconstruction Surgery**       **Endolymphatic Sac Surgery**

1. Remove the cup dressing 1-3 days after surgery per your doctor's recommendations. Remove all gauze and the cotton ball only. Change the cotton ball 2-3 times per day until the drainage slows. Start the ear drops the morning after the surgery.
2. Keep the incision dry for 3 days following surgery. You may clean the area with hydrogen peroxide. Do NOT use any antibiotic ointment.
3. Do not push the packing into or pull it out of the ear canal. This packing will be removed at your first postoperative appointment.
4. Start the prescription antibiotic pills the day you go home. Be sure to finish the entire amount of this medication prescribed. Notify our office if you have any swelling, hives, itching, or other signs of allergies to the medication.
5. Discomfort may be relieved by taking acetaminophen (Tylenol). If your pain is not relieved by this, you may use the prescription pain medication.
6. To reduce swelling, sleep with your head elevated on two pillows.
7. Unless you are instructed otherwise, you may wash your hair after 3-4 days. However, keep your ear dry by protecting it with a cotton ball mashed with petroleum jelly (e.g., Vaseline) until told to stop by your doctor.
8. Notify our office of any signs of a cold or fever.
9. DO NOT blow your nose or "pop" your ears for at least four (4) weeks. Sneeze or cough with your mouth open.
10. Do not lift anything that requires straining (e.g., 25 lbs. or more) for four (4) weeks. Walking or light exercise is okay once you feel able.
11. You will typically need to be off work for 2-5 days, depending on your operation and the nature of your duties.
12. Unless otherwise directed, do not travel by airplane for three (3) weeks after surgery.
13. It is common to experience muffled hearing, ringing, and occasional *popping*, *crackling*, and *brief pain* in your ear after surgery. You may hear some strange sounds and noises at first. Hearing may take 6-8 weeks to improve.
12. You will be given an appointment for a check-up in the office a few days from now. If this time or day is not convenient for you, please let us know as soon as possible by calling (317) 842-4901. If you have any questions before then, please don't hesitate to call our office.
13. In an emergency you may reach the doctor after hours by calling the office phone number,