

ENT & Audiology Center of Southlake

Michael D. Bryan, M.D.

Diplomate of the American Board of Otolaryngology

Amy K. Mettman, M.D.

Otolaryngology-Head and Neck Surgery

Tympanoplasty/ Mastoidectomy Surgical Instructions

Before Surgery

Bleeding is sometimes a risk both during and after surgery. Some over-the-counter anti-inflammatory medications can increase this risk. Do **NOT take any anti-inflammatory medication 1 week before or 2 weeks after surgery.**

Examples of anti-inflammatory medications: Ibuprofen, Motrin, Advil, Aspirin, Aleve or any medication that includes these drugs. If you are taking any "blood thinners" please notify both the anesthesiologist and me prior to surgery.

You **MAY** take Acetaminophen (Tylenol) for pain or fever before or after surgery without affecting the risk of bleeding. However, do not take Tylenol in addition to prescription pain medication unless advised by me, as many of the prescription pain meds contain Tylenol (acetaminophen).

On the Day of Surgery

THE HOSPITAL WILL CALL YOU REGARDING THE TIME YOU ARE SCHEDULED FOR SURGERY. THEY WILL INSTRUCT YOU AS TO YOUR ARRIVAL TIME AND PRE OP FASTING INSTRUCTIONS.

Each hospital will have specific instructions and you should adhere to them. If you are not contacted in advance, or for any reason do not receive more specific instructions, use the following guidelines:

You should **stop eating** all solid foods, candy, peppermints, gum, milk, and all non-clear liquids **eight (8) hours** before the scheduled surgery time.

Further, you should **stop drinking** all liquids, even clear liquids and water **six (6) hours** before your scheduled surgery time.

IF YOU FORGET, AND EAT/DRINK AFTER THE CUTOFF TIME, NOTIFY THE HOSPITAL ASAP, BECAUSE THIS MAY DELAY OR CANCEL THE SURGERY.

660 W. Southlake Blvd, # 100
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Post Operative

What to expect post operatively:

1. You may have some bloody drainage from the ear itself or in the area behind the ear. You can expect some minor leakage from the ear canal over the next few weeks. Keep the outer ear clean.
2. You will experience decreased hearing following the surgery due to dissolvable packing in the ear. This usually improves gradually over the next several weeks.
3. You may have a low-grade fever for the first 48 hours after surgery. This is normal.
4. You will probably be prescribed drops for you to use in the ear that was operated on. These drops are important and help dissolve the packing from the ear.
5. If you do not receive a prescription for these, call the office the day after surgery.

Pain Control:

I may order prescription pain medication. If so, take this according to the directions on the bottle OR take a non-aspirin and non-ibuprofen pain reliever such as Tylenol. Do not take both together unless your physician advises you to.

When to call my office:

1. If you have a fever greater than 102 degrees, occurring more than 48 hours after surgery and not relieved by Tylenol.
2. If you have excessive bleeding from the ear, or from the incision behind the ear.
3. If you have continued dizziness, nausea, or vomiting not relieved by prescribed medications.

Dressing Instructions:

1. You may have only a cotton ball in the ear, or a larger gauze-filled plastic cup that secures over the ear with an elastic headband.
2. Keep the dressing clean, dry and in place until I tell you it may be removed. Generally, you can remove the cotton ball or plastic cup in 24 hours. Just release the Velcro and lift it off when you are ready.
3. If you have a plastic cup dressing, you will find cotton and gauze under it after removal. Generally remove the cotton, gauze and small piece of Telfa dressing (crescent shaped non-stick pad) behind the ear.
4. Leave the tape strips (steri-strips) behind the ear in place. I will remove them at a postoperative office visit.
5. You may use a Q-tip moistened with Hydrogen Peroxide to clean dried blood or debris from the outside part of the ear. **DO NOT** try to clean the ear canal or remove anything from it.
6. You will notice brownish material in the ear canal. This is the packing. Leave it untouched and simply use the prescribed drops to help it dissolve over the next couple of weeks.
7. You will start the eardrops after the dressing has been removed.

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Activity Guidelines:

1. You may resume normal activities around the house as soon as you feel like it.
2. **DO NOT** blow your nose after surgery, as this may create pressure in the ear. If you need to sneeze or cough, do so with an open mouth.
3. **DO NOT** get water in or around the ear (swim or wash hair) until I say it is OK to do so.
4. **Showering** is permitted but avoid water in the ear canal. Use a half of a cotton ball and put a small amount of ointment (can use Vaseline or any petroleum jelly based ointment) on the cotton and roll it around to coat the cotton with a thin film of the ointment. Place this over the ear canal opening and gently tuck it into the area around the ear canal opening to cover the canal. Keep the ear turned away from the stream of water and pat dry immediately with a soft towel after showering. The taped area is water resistant but not waterproof. Peel off the cotton ball and discard.
5. **DO NOT** participate in any sports or strenuous activities, which may result in an injury to the ear until approved by me.
6. **DO NOT try** to clean the ear by inserting a Q-tip into the ear canal or any other device.

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