Care After Tympanoplasty, Mastoidectomy or Ossicular Reconstruction

Activity
You may feel sleepy for up to 24 hours from the sedation you received. Go back to your normal activities slowly.

For the next 24 hours:
• Do not drive.
• Do not operate heavy or potentially harmful equipment.
• Do not make legally binding decisions.
• Do not drink alcohol, including beer.
• Avoid lifting anything over 10 pounds.
• Do not smoke.

Check with your doctor when to return to work.

Diet
• Begin with liquid and light food, such as crackers, soup, gelatin and 7-Up.
• Avoid spicy, greasy or fried foods for 24 hours.
• Progress to your normal diet as tolerated.

Common side effects
• Nausea – lying flat may resolve this.
• Sore throat – may be relieved by ice chips or throat lozenges.
• Dizziness – avoid quick movements.

Care of the wound
• Do not blow your nose for 2 to 6 weeks, as your doctor tells you.
• Any extra secretions in the nose should be coughed through the mouth to avoid infecting the ear.
• If you sneeze, do so with your mouth open while sneezing, to avoid pressure in your ear.
• Do not blow up balloons or do other blowing-type activities until OK with your doctor.
• You may have a small amount of bloody drainage from your ear. This is normal.
• Wash your hands with soap and water before treating the ear.

• A small cotton swab moistened in rubbing alcohol or peroxide, as your doctor ordered, may be used to clean the outer ear as needed for cleanliness and comfort.
• You will have a cotton ball in your ear after surgery. Change the cotton ball 2 to 3 times a day for 48 hours. Apply Vaseline or Neosporin ointment to the cotton ball and place it in your ear opening. After 48 hours, keep your ear exposed to the air as much as possible. A small piece of cotton may be placed in the ear canal at night to prevent drainage on your pillow.
• Water should be kept out of the ear canal for 6 weeks or until healed, as ordered by your doctor.
• If you have a large dressing covering your ear after surgery, follow your doctor’s care instructions.

Medication
• Take pain medication as prescribed.
• Continue medication as prior to surgery unless told differently.
• Do not take aspirin or ibuprofen (Advil, Motrin) for 48 hours, because this can prolong bleeding.

You may experience constipation after this surgery from the pain medication. Do not strain during a bowel movement.

To help prevent constipation:
• Drink 6 to 8 glasses of water per day (unless otherwise instructed).
• Increase fiber in your diet. Some good sources of fiber are fresh fruits, fresh vegetables, beans and high-fiber cereals.
• Take stool softeners if prescribed by your physician.

Notify your physician if you have:
• Temperature over 101º F
• Pain that does not get better with pain medication

If you have any questions, call your physician.