

Wichita Ear Clinic

Discharge Instructions for Tympanoplasty/ Mastoidectomy

DIET

- You may resume your normal diet. Keep hydrated, drink 6 – 8 glasses of water or clear fluids each day. If you become nauseated, withhold food and liquids for 2 hours and start again with clear liquids. Then progress diet as tolerated.
- Pain medication may cause constipation. Eat plenty of fresh fruits, vegetables, whole grain cereals and breads, raisins and prunes to help prevent constipation. If constipation occurs, take a stool softener or laxative as directed. Do not strain during bowel movements.

DRESSING

- Remove the outer gauze dressing and cotton ball after 24 hours.
- Do not wash your hair for 2 days. **Keep ALL water out of the ear.** When there is a chance of water getting in the ear (while washing hair, bathing, etc.) make a ball of cotton that will fit into the ear canal- cover it with Vaseline and insert in the ear. The Vaseline is used to make a barrier for the water to not penetrate the cotton ball. Doctor will let you know when it is safe to get water in your ear.
- **No swimming.**
- Change the cotton daily and as needed for 3 days only. Then leave open to air.
- If a wick is placed in the ear, it is left in place for a few days. An eardrop is used to keep it moist and allows for use of medication in the ear. The wick will be removed by your surgeon in the office.
- Expect some bloody drainage for a few days. If this is excessive or is yellow drainage, call our office for instructions.

ACTIVITY

- If you sneeze or cough, do so with your mouth covered but open. **Do not blow your nose.**
- Do not drive, operate heavy machinery, make important decisions or drink alcoholic beverages for at least 24 hours from the time of the surgery or if you are taking narcotics.
- You may tire easily today. Rest and nap as needed. Anything that you do, do it SLOWLY.
- Climb stairs slowly and as tolerated.
- Avoid catching a cold or being around someone with cold symptoms.
- Do not push or pull heavy objects and do not lift more than 20 pounds. Avoid strenuous exercise, including bike riding, yard work, vacuuming, mopping, and lifting young children or heavy house cleaning until you see your doctor.
- After this type of surgery a hearing improvement is not noted for 6 to 8 weeks.

MEDICATIONS (take all medications as prescribed)

- If medication is needed for pain, Tylenol usually will alleviate the pain. Tylenol with Codeine may be used for more significant pain.
- **DO NOT take additional Tylenol** (Acetaminophen) while taking Norco, Hydrocodone, Tylenol with Codeine and Lortab. These contain Acetaminophen already.
- You may be given a prescription for an antibiotic- Take until gone
- You may take Dramamine (over the counter) 1 tablet 3 times daily for mild dizziness.

CALL THE DOCTOR IF ANY OF THE FOLLOWING OCCUR:

- Severe pain not relieved by pain medication
- A bad smell, redness, swelling or heavy bleeding around your incision
- Temperature above 101°
- Persistent nausea and vomiting
- Dizziness and fainting
- Unable to urinate for more than 6 hours.
- Contact your doctor if you have any questions or concerns

FOLLOW-UP:

Call the office and make an appointment for 7-10 days.

I have read and understand the discharge instructions and reviewed them with the nurse.

Patient/Guardian Signature

Nurse's Signature

Date