



FARMINGTON
EAR, NOSE & THROAT



Justin W. Roberts, D.O., Otolaryngology-Head and Neck Surgery

501 W. Pine St., Farmington, MO 63640

Phone (573) 756-8888 Fax (573)701-9547

POSTOPERATIVE INSTRUCTIONS FOR TYMPANOPLASTY

The following are instructions for patients who have undergone ear surgery such as tympanoplasty, tympano-mastoid surgery, etc. Please refer to this sheet and if it does not satisfactorily answer your questions do not hesitate to call my office at any time.

- **Keep your ear dry.** You may shower after 24 hours or after your dressing has been removed. Put a cotton ball in your ear, then put Vaseline on the outside of the cotton ball. This will keep water from getting inside your ear. Do not let the pulsation of the water hit directly on your ear.
- **Wound care.** Clean behind the ear twice daily and apply triple antibiotic ointment for 7 days when stitches are present. If steri-strips are present, leave the steri-strips in place, but you may trim the edges as needed.
- **Do NOT blow your nose.** If air is forced through the Eustachian tube, it can damage or displace the tympanic membrane graft. For the same reason you should **sneeze with your mouth open.**
- Refrain from any heavy lifting, bending or stooping for 2 weeks after your surgery.
- I will see you in my office in 4 weeks. You should have been given a prescription for Ciprodex or Floxin ear drops after your surgery. Start these drops **five days prior to your follow-up appointment**, 3 drops 3 times a day in the operated ear. **Do not drive if taking any narcotic for pain or medication for dizziness in the post op period or after any treatments. The patient fully understands this warning.**
- **CALL THE OFFICE IMMEDIATELY** if any increased pain, drainage, foul odor or fever greater than 101 degrees Fahrenheit develop.

Please call the office if you have any problems or questions. After hours you can reach me through the hospital 573-756-6451.

Your Follow-Up Appointment is _____ @ _____