

## **POST-OP INSTRUCTIONS FOR TYMpanoplasty/TYMpanomastoidectomy AND/OR STAPEDEctomy**

- Avoid getting water in your operated ear while it is healing. If you have a dressing wrapped around the head, please keep that dressing dry. Protect the ear when showering or washing the hair with a cotton ball coated with Vaseline. You may have someone assist you with washing the scalp to avoid water. When finished washing, remove the coated cotton, wipe the ear with a soft towel and place a clean, dry cotton ball.
- If you have a cotton ball in the ear, change it when it gets soaked and replace it with a clean cotton ball. You may use a little antibiotic ointment to make the cotton ball stay in place.
- Do not blow your nose for at least two weeks from the day of surgery. Blowing can build excessive pressure in the operated ear and displace the reconstructed or grafted eardrum. If you have to sneeze, please do it with your mouth wide open to avoid pressure build up in your ear. If you have any accumulation in your nose, gently draw it back into the throat and then expectorate.
- Avoid extreme altitude changes, such as flying or going to the mountains, and avoid doing any heavy lifting until you are given permission.
- Depending on the presence of dizziness and your sense of balance, you should be able to drive in about one week.
- When the ear heals completely from either type of surgery, chances are you will be able to swim and take part in most other sports.
- If at any time you develop **severe pain, bleeding, creamy drainage, or a fever >101 degrees**, please call your doctor immediately.

**If you have any questions or concerns, please call your doctor at (972) 414-0408. After hours or on weekends call the Physician's Answering Service (24 hours) at (214) 360-5534, or go to an emergency room, which is closest to you.**

<b>Monday</b>	<b>8:30 AM to 5:00 PM</b>
<b>Tuesday</b>	<b>8:30 AM to 5:00 PM</b>
<b>Wednesday</b>	<b>8:30 AM to 4:30 PM</b>
<b>Thursday</b>	<b>8:30 AM to 5:00 PM</b>
<b>Friday</b>	<b>8:00 AM to 12:00 PM</b>

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