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## Asheville Head, Neck and Ear Surgeons, P.A.

EAR SURGERY  
FACIAL SKIN CANCER  
MAXILLOFACIAL SURGERY  
FACIAL PLASTIC SURGERY  
OTOLARYNGOLOGY  
ENDOSCOPIC SINUS SURGERY  
HEAD AND NECK SURGERY  
AUDIOLOGY AND HEARING AIDS

# Post-Op Myringoplasty, Tympanoplasty, Stapedectomy Home Instructions

## Activity

- Do not blow nose for two weeks.
- Any drainage in the nose may be drawn back and spit out through the mouth.
- Do not “pop” or blow air into your ears by holding your nose.
- Keep your mouth open should you need to sneeze.
- Do not run, lift, or exercise before your first post-operative visit. May be up to two months before cleared for strenuous activity.
- Do not take unnecessary chance of catching a cold.

## Care of the Ear

- You may be given an ear dressing kit before leaving the hospital or surgery center. Wear dressing for 72 hours and then at night until follow up.
- Remove the old cotton ball from your ear each morning. Apply cotton ball and place it in the ear.
- You may wash your hair but try to keep ear dry for 1 month.
- Do not submerge ear under water for 3 months.
- If given ear drops or prescription for ear drops, begin using 1 week after surgery.
- Place drops in ear to loosen packing. Ear should drain over several days and packing will come out.

## What to Expect

- Thin brown or red tinged fluid will drain from the ear.
- You may notice a full sensation with popping sounds during the healing period.
- We will not test your hearing for at least 6 weeks after surgery and hearing loss may be expected immediately post-op due to packing.
- You may expect mild dizziness for a few days—do not worry about this unless the dizziness is severe.
- You may have sharp shooting pains which is normal.
- Taste disturbance and mouth dryness are common for a few weeks after surgery.
- Air travel and changes in elevation are permissible 2 days after surgery.
- When changing altitude, chew gum to stimulate swallowing.

## Call Our Office For

- Discharge from the ear that becomes yellow or green and has a foul odor.
- Fever of 101 degrees Fahrenheit after the first 24 hours from surgery.
- Symptoms of a cold.

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