

NICOLE KLEIN MD

ENT \ FACIAL PLASTICS

Otolaryngology Associates
ENT & Face, Head & Neck Plastic Surgery
www.otolaryn.com
Nicole Klein, MD | www.nicolekleinmd.com

Tympanoplasty

TYMPANOPLASTY is a type of surgery that is done to rebuild the eardrum and/or the middle ear. The purpose of the surgery is to (1) close the hole in the eardrum, (2) prevent recurrent infections, and (3) improve hearing. A surgical microscope is used to perform the operation. An incision is usually made above or behind the ear. A graft is used to repair the hole in the eardrum; grafting tissue is typically taken from the tissue covering muscle or cartilage near the ear. After surgery the ear is packed to protect the new eardrum.

DAY BEFORE SURGERY

The night before surgery you may want to wash your hair. If there is an external incision you will not be able to wash your hair until after your first post-operative appointment. Also, if there is an external incision the surgeon will shave your hair above and behind the ear. It is important to have nothing to eat or drink after the designated time stated by the anesthesiologist, usually after midnight the night prior to the operation.

POST-OPERATIVE DISCHARGE INSTRUCTIONS

- Anesthesia may make you nauseous. You may want to begin by drinking Gatorade, clear fruit juices, or clear liquids after surgery. Once you find that you can tolerate liquids you may want to eat dry crackers, cereal, or other bland foods. If you are unable to tolerate liquid within 6 hours, call the office.
- Sneeze or cough with your mouth open for one week. Do not “pop” your ears by holding your nose or blowing through the Eustachian tube into the ear. This is very important to prevent the dislodgement of any grafts or hearing reconstruction.
- Get plenty of rest during your time after surgery. If you get a cold, treat it in your usual way. If you do develop symptoms involving your ears, please contact the office.

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LIST OF "DON'TS" AFTER SURGERY

- Do not blow your nose or "pop" your ear until "okayed" by your doctor.
- Do not allow water to enter your ear until your doctor says that the ear is healed. A cotton ball covered with Vaseline placed in the ear canal will keep water out of your ear.
- Do not wash your hair until after your first postoperative visit when approved by your surgeon.

ACTIVITY

- You should avoid any strenuous exercise or exertion for four weeks after surgery. Walking may be resumed two weeks after surgery; check with your doctor to be sure.
- You may return to work as you feel able after surgery. If your job requires you to lift objects that weigh greater than 20 lbs, you need to limit your work to light assignments.

WHAT TO EXPECT AFTER SURGERY

- You may have a certain amount of pulsation, popping, clicking, or other sounds in the ear. Fullness, occasional sharp shooting pains, and feeling as if there is liquid in the ear are normal for a number of weeks after surgery.
- Rarely is hearing improvement noted immediately following surgery. Hearing may be worse temporarily due to swelling of the ear tissues and packing in the ear canal. Hearing usually improves six to eight weeks after surgery.
- You may experience a minor degree of dizziness with head motion. This is normal after ear surgery. If dizziness increases, becomes more often, gets worse, or you suddenly become dizzy 3-4 days after surgery, call the office.
- A bloody or watery discharge from your ear may occur during the first seven to ten days after ear surgery. At first this drainage may be mixed with antibiotic ointment. The outer ear cotton should be changed at least every eight hours or more if needed. If the bleeding becomes excessive or if you are uncertain about the amount of drainage, please call the surgeon.
- Do not plan to drive a car home from the hospital. Check with your surgeon if you plan to be traveling by air after surgery since the pressure changes associated with air travel can potentially be detrimental to your ear.

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WHEN TO CALL THE OFFICE

- If the drainage from your ear becomes foul smelling, or is yellow in appearance, or if you have a temperature greater than 101.5 F, please call the office.
- Minor ear discomfort is normal during the first two weeks. Pain above or in front of the ear is common when chewing. Avoid crunchy or hard foods. Take the prescribed pain medications as ordered. If you continue to have pain that is not helped by the prescribed medication, please call the office.
- If you are constipated, drink plenty of water and take an over the counter remedy. If you continue to have difficulty, please call the office for advice and treatment.
- After the cup dressing is removed on the first postoperative day, look at the wound or have a caretaker look at the wound to know what it should look like. Notify the office if the wound is red and painful, if there is any bloody or watery discharge coming from the incision, or if there is excessive swelling behind the ear.

MEDICATIONS

You will be provided with a prescription for antibiotics, pain medication, and ear drops. Take the pain medication as needed and use the ear drops as instructed by your physician. Take all antibiotics to completion.

FOLLOW-UP

You will have a return appointment to see your surgeon one week after surgery.

If you have any questions or concerns, please give our office a call between 9 a.m. and 5 p.m. at 317-844-7059 Ext. 1417. Thank you.