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## **Postoperative Instructions: Tympanoplasty/Mastoidectomy**

1. Dressing: Remove head wrap in 1 day. Drainage from the ear is normal for a few days. You can keep a cotton ball in the ear to collect the drainage. Change as needed. Some packing may fall out-this is normal. Do NOT remove anything from inside your ear canal.
2. Showering: You can shower in 24 hours. Keep the ear dry by placing a cotton ball with Vaseline in the ear canal. Do not let water get in the ear.
3. Activity: No heavy lifting (more than 10 pounds) until instructed by your physician. No straining. No PE. If you have to sneeze, sneeze with your mouth open. Avoid nose blowing.
4. Antibiotic ear drops are prescribed for use. Start them 1 week postoperatively.
5. Pain: Norco (Hydrocodone/Tylenol) will be prescribed. If the pain is not severe, normal Tylenol is okay to take instead.
6. Please call Great Hills ENT (512-258-2300) during business hours if there are any questions or concerns. After hours, please contact the Medical Exchange (512-458-1121) and ask for the ENT doctor on call covering Dr. Young.
7. Schedule a follow up for 1 week after surgery. A hearing test will be performed 6-8 weeks after surgery. Before then, you will still have packing in the middle ear and your hearing will sound muffled.

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