**Instructions for Tympanoplasty**

A tympanoplasty is an outpatient surgical procedure to repair the ear drum (tympanic membrane) and/or the bones of the middle ear, and is performed through the ear canal using endoscopes. The perforation in the ear drum may be repaired using an allograft, or a tissue graft may be taken.The most common site to harvest the graft is from the tragus however other sites may used.

**Pre-operatively**

Please avoid all forms of aspirin, alcohol, and herbal products for one week prior to the procedure, and discontinue any blood thinners according to your cardiologist instructions.

**What to Expect:**

* There will be ointment & packing in the ear canal that will dissolve on its own, it is normal to feel clogged or muffled sensation in the ear due to the ointment & packing.
* Expect some pain in the operated area after surgery. This should be no worse than the pain experienced in the surgery center or hospital, however. You should have been given pain medication and if you experience pain, please use medications as ordered.
* You may experience dizziness within the first 24 hours after surgery, which is normal.
* Do not expect to hear out of the operated ear right away, return of hearing may take up to 4-8 weeks, but if you have a sudden loss of hearing anytime post op call the clinic at 817-332-4060.
* If you sneeze, sneeze with the mouth open. Do not close your mouth and sneeze or pinch your nose and stifle the sneeze, as this may "blow" the patch off the eardrum.
* **Discomfort, neck pain, headache, dry/sore throat, low grade fever- all are expected and will resolve quickly.**

**Post-operative Care**

* Take antibiotic given to you until it is entirely gone (if an antibiotic has been prescribed to you).
* For nausea, use prescribed anit-nausea medication (Zofran 8mg tablet or Promethazine 25mg) as needed
* For pain, use prescribed pain mediction (Tylenol #3 or Hydrocodone 10mg-325mg) as needed
* Avoid water exposure x 1 week by placing a cotton ball in the ear with Vaseline on top of the cotton ball
* Avoid heavy lifting or strenuous activity for 2-3 weeks
* Do not blow your nose or "snort" in forcefully, or other valsalva maneuver, until after checking with the doctor at your first postoperative visit, this too, could "blow" the patch off the eardrum. If you sneeze---“sneeze with mouth open”.
* No flying, swimming or smoking for 4 weeks after surgery.

**Wound care instructions:**

* Keep the ear relatively dry, especially when taking a shower.
* The wound where the cartilage graft was obtained is located in front of the entrance to the ear canal (the tragus), and was closed with dissolvable sutures. For wound care, clean the area with Hydrogen peroxide and apply Bacitracin ointment twice a day for 7-10 days .
* Keep the incision open to air with no dressing
* **Call 817-332-4060 if you experience any of the following:** Drainage that persists, Swelling, Increased pain, or Fever of 101° or higher.