**Instructions for Patulous Eustachian Tube Repair**

Patulous Eustachian tube is occurs when the Eustachian tube remains open. Repair of this debilitating condition is this an outpatient surgical procedure and is performed through the nose using angles endoscopes. The defect in the Eustachian tube may be repaired several ways including cartilage and soft tissue augmentation, shim placement, or injection of fillers such as Radiese (Calcium) to fill in the defect. If a graft is used, it is most often taken from the ear.

**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:**

* It is normal to feel clogged or muffled sensation in the ear due to the resultant ETD secondary to the repair and may take several weeks to improve.
* Expect some pain in the operated area after surgery. You should have been given pain medication and if you experience pain, please use medications as ordered.
* You may experience nasal congestion, sinus pressure that may last several days and can be improved with nasal saline rinses.
* You may experience dizziness or unsteadiness after surgery, which is normal and should resolve in its own.
* If you sneeze, sneeze with the mouth open, and if you need to blow your nose do so as gently as possible.
* **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 medication (Tylenol #3 or Hydrocodone 10mg-325mg) as needed.
* You can use Nasal saline spray 2 sprays each nostril 2-3 times daily to help alleviate congestion or pressure.
* AVOID use of nasal steroid sprays (ie Flonase, Nasacort, Nasonex or Rhinocort) until your post-op follow appointment.
* Avoid heavy lifting or strenuous activity for 2-3 weeks.
* Use Afrin Nasal Spray 1 spray each nostril as needed when nosebleed occurs (Can only use for 3 days in a row).
* Try not blow your nose, "snort" in forcefully, or any other valsalva maneuver for the first week after surgery.
* Minimize flying as much as possible for the first 4 weeks.

**Wound care instructions (if a graft was taken):**

* The wound where the cartilage graft was obtained is located behind your ear that 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 ear relatively dry and 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.