



Tympanoplasty, Stapes, & Middle Ear Surgery Post-Operative Instructions

1. **Diet:** The first 24 hours, take clear, cool liquids. After that, you may eat foods as you can tolerate them.
2. **Restricted Activities:** Do not bend over or lift heavy objects for several days. These activities can raise pressure in the blood vessels of the head and neck. For the first two weeks after surgery, do not exert or overheat yourself with exercise, yard work or other physical activity. If you need to blow your nose, do so *gently* with both nostrils open. If you need to sneeze, *do not hold it in*. Trying to stop a cough or sneeze will put pressure on your eardrums, possibly damaging the repair. Because the middle ear helps with balance, you may become dizzy. Plan your activities accordingly. If dizziness becomes a problem, call our office at **459-8824**.
3. **Bed rest:** For the first 24 hours after your surgery, please limit your activities to bathroom privileges only. After the first 24 hours, you need not stay in bed but please limit your activities as stated above.
4. **Pain:** Severe pain is highly unusual with these procedures. Tylenol is usually sufficient for relief of minor discomfort. Prescriptions for pain medicine will be supplied as needed on a case-by-case basis.
5. **Fever:** It is common to run a fever below 100 degrees. If you experience a fever above 100 degrees for more than a day or a fever of over 103 degrees for any period of time, call our office at **459-8824**.
6. **Time off work/school:** Because of the discomfort and dizziness along with the general stress of surgery, you will need to take time off from school and/or work. The amount of time off of work/school will depend upon how you are feeling and the type of work you do. Your physician will advise you of the time to take off.
7. **Packing/Drainage:** You may have a gelatin-like packing in your ear canal. The packing will melt and drain out. No water in operated ear after surgery for one month.
8. **Post-Operative Recheck:** We will need to see you in our office about one week after the surgery to make sure that everything is healing properly

If you have any questions, please call our office at 459-8824.

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