

TYMPANOPLASTY/MYRINGOPLASTY POST OP INSTRUCTIONS

General Information



I have placed a cotton wool ball at the ENTRANCE of your ear canal. You may replace the cotton wool ball at the entrance of the canal when it is soaked, but you should not disturb the packing inside your ear.

You may change the cotton wool ball twice or three times a day, especially when it is soaked with blood-stained discharge. It is perfectly normal to see some blood-stained discharge from your ear after ear surgery. This should settle down after 4-5 days.

There is dissolvable packing called “gelfoam” in your ear canal. It should not be disturbed.

Activity

You are advised to take it easy at home for the initial 48 hours. As your strength gradually returns, you can gradually become more active. Typically, you can expect to go back to work around 7 days after a tympanoplasty. Avoid heavy lifting or any forms of exercise in the first 2-3 weeks after surgery. You may go for gentle walks after day 7 of your surgery.

Water precaution

Please keep your ear absolutely dry and take steps to avoid water from entering your ear canal. We suggest placing a cotton wool ball smeared with Vaseline at the entrance of the ear canal when you are showering. It helps repel water. Some patients also hold a plastic bowl over their ear when showering.

Infection

If you develop any fever, redness around your ear, excessive pain or swelling, dizziness/vertigo or nausea and vomiting, this may indicate surgical site infection. It is not common. You would need to present to the hospital as soon as possible for an assessment and treatment with antibiotics. Get in touch with me for further advice.



Other relevant information

- Apply ear drops directly into your ear canal - three drops, three times a day for 1 week

Do not apply ear drops onto the cotton wool ball. The cotton wool ball is to soak up any moisture or discharge that emanates from your ear canal

- Do not try to remove any stitches around your ear, as they dissolve on their own
- Pain around the surgical site is normal (improves with time but may last up to two weeks). Please take paracetamol and/or ibuprofen for the discomfort
- Numbness around the incision and ear (gradually improves with time)
- Clicking, popping, pulsing, ringing, or other sounds is perfectly normal. These sounds should settle within three weeks
- Jaw, neck or throat pain is not uncommon after ear surgery or general anaesthesia

You may find that your hearing is diminished after the surgery. This is temporary as your ear canal is filled with packing to hold the graft in place. Your hearing should slowly return by the four to six week mark.