

**HOME CARE INSTRUCTIONS FOLLOWING
TYMPANOPLASTY/MASTOIDECTOMY/OSSICULOPLASTY**

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Date: _____

ACTIVITY

Avoid strenuous activity such as: bending, straining or heavy lifting for a week. You may sniff as often as you like or you may gently blow your nose. You may use Nasal Saline rinses to keep your nose clear.

SURGICAL SITE CARE

If cotton in ear, remove in the morning.

- Drainage in the bowl of ear may occur and last for 1-2 weeks. Use cotton ball and change as needed.
- May get the incision wet after 72 hours.
- Apply antibiotic ointment to suture line twice a day for 1 week.
- Avoid getting water in the ear for 6 weeks or until your doctor tells you - place a piece of cotton with a small amount of vaseline in ear or use an ear plug for shower and remove after shower is done. Avoid sneezing. Open mouth wide if you must sneeze.
- Mastoid dressing may be removed after 24 hours.
- If you have steri strips, leave on; they will fall off in 5-7 days.
- Keeping the head elevated 30 degrees may decrease swelling and increase comfort.

COMFORT

1. For mild discomfort, you may use over-the-counter medication.
2. For more severe pain you may need to use a prescription pain medication regularly at first and then only as needed. If pain medication does not keep you comfortable, contact your doctor. If **nausea** occurs, take food 1/2 hour prior to taking medication. If nausea persists or rash occurs, **STOP** taking medication and call your doctor.

MEDICATION

1. New medications:

2. Last dose of pain medication: _____

DIET

1. Some of the sedative/anesthetic medication you received today may make you nauseated. Begin with clear liquids and then progress to solid foods as your stomach tolerates them. If you become nauseated, tea or carbonated beverages are helpful. If vomiting persists, call your doctor.

SAFETY

1. You can expect to feel dizzy, weak and drowsy for as long as:
 - 24 hours after receiving general anesthetic
 - while taking prescription pain medications
 - 12 hours after receiving sedation





Wausau, WI

715.847.2121 ~ 800.283.2881

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2. Please follow these instructions for that time:
 - a. DO NOT drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways. Children should not ride bicycles or ride-on toys.
 - b. No alcoholic beverages.
 - c. Postpone signing any important papers or making any important decisions.
3. Read prescription bottle for specific instructions regarding your medication.
4. Because of the effects of anesthesia/sedation, we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.

WHO TO CALL

ENT Associates Clinic

PHONE: 847-2021 or 1-800-897-3307

AFTER HOURS PHONE: 847-2021 or 1-800-897-3307

Aspirus Day Surgery Plus:

Phone: 847-2907

Open 6:00 a.m. - 7:00 p.m. (Monday - Friday)

RETURN APPOINTMENT (1-3 Weeks)

DR:

DATE/TIME:

WHEN TO CALL

If any of the following symptoms occur: Thick or yellowish drainage from the ear. Redness or drainage from the incision.

SEVERE PAIN, FEVER OVER 101° , PERSISTENT NAUSEA AND VOMITING, RASH OR ANY CONCERNS ABOUT YOUR RECOVERY.

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

I have discussed the above information with a nurse and my questions have been answered to my satisfaction.

Patient or Responsible Party Signature

Date/Time

RN Signature

Date/Time