

Department of Otolaryngology-Head and Neck Surgery

**POST OPERATIVE CARE INSTRUCTIONS FOLLOWING
TYMPLANOPLASTY or MASTOIDECTOMY**

The following instructions will help you know what to expect in the days following ear surgery. Please call if you have any questions or concerns.

Physical Activity: There are limitations on activity until the incision behind the ear heals. Your child should limit activities for the first 3 days after surgery. Thereafter, a slow increase in activity is fine. Avoid sports for 10 days after surgery. Your child should avoid nose blowing for 3 weeks following surgery. Sneezing should be done through an open mouth. Your child may return to school in 7-10 days after surgery depending on how he/she feels. Please do not participate in gym or swimming until your doctor has approved resuming these activities.

Diet: Normal.

Pain: Tylenol (acetaminophen) may be given to relieve any discomfort. Follow the directions on the bottle. Avoid medication containing aspirin, ibuprofen, or other anti-inflammatory medication for 10 days. We will give you a prescription for Tylenol with Codeine for pain not controlled by regular plain Tylenol. Pain should diminish with time. Please call if it is getting worse rather than better. See back of this sheet for Tylenol (acetaminophen) and Tylenol with Codeine dosages for children.

Drainage: During the first week after surgery, there may be some blood-tinged discharge from the ear. Some bleeding immediately following surgery is not uncommon. There may also be some drainage from the incision behind the ear. This is not a problem.

Fever: A low-grade fever (less than 101F) may occur and should be treated with Tylenol (acetaminophen). If the fever persists or becomes higher than 101.5 F, please call.

Care of the Incision: Please leave the ear dressing on for 1 day. After you remove the dressing, please apply antibiotic ointment (such as bacitracin or triple antibiotic) to the incision behind the ear 3-5 times a day. In some children, we use absorbable sutures to close this incision and these do not need to be removed. In other children, we use sutures, which need to be removed in 7-14 days. If your child develops a painful tender swelling behind the ear, please call.

Keep Ears Dry: Do not swim or shower until we have given you clearance to do so.

WASHING HAIR: Please follow your doctor's specific instructions regarding washing hair. When you are told to start washing the hair again, please use baby shampoo.

FOLLOW UP: Please arrange to see us 7-14 days after surgery.

PLEASE CALL IF YOU HAVE ANY QUESTIONS!

Office phone number 314-454-6162 / Monday - Friday 8:30 AM – 4:30 PM.

After regular hours, call 314-454-6000 and have the operator contact the ENT resident on call.

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