

## Tympanoplasty

### *How to prepare and what to expect*

*This handout explains tympanoplasty, surgery to repair the parts of the ear. It describes what to expect, how to prepare for your operation, and how to plan for your recovery.*

### What is tympanoplasty?

*Tympanoplasty is surgery to repair the eardrum (tympanic membrane) or small hearing bones (ossicles) in the middle ear. They may be repaired using either man-made material or natural tissues. The purpose of this surgery is to restore your hearing.*



*Tympanoplasty is surgery to repair parts of the middle ear.*

### How to Prepare

- **Starting 1 week before surgery:** Do **not** take any aspirin or other products that affect blood clotting. Two of these are ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn). See the attached sheet for more information.
- **Starting 48 hours before your surgery:** Do **not** use a razor to shave any part of your body. We want to avoid skin cuts on the day of surgery.
- During your **pre-op visit**, the nurse will tell you:
  - Not to eat or drink after certain time
  - Which of your regular medicines to take or not take
  - To sip only enough water to swallow your pills

### Day Before Surgery

- **Shower:** Take a shower the night before your surgery:
  - Use the antibacterial soap your nurse gave you to wash your body.
  - Do not use the antibacterial soap on your face or hair. (See the directions that came with the soap.) Use your own soap and shampoo on your face and hair.
  - Use clean towels to dry off, and put on clean clothes.

- **Arrival time:** A Surgery patient care coordinator (PCC) will call you by 5 p.m. the day before your surgery. If you are having surgery on a Monday, the PCC will call you the Friday before. If you do not receive this call by 5 p.m., please call **206.598.6541**.

## Day of Surgery

### At Home

- **Fast:** Follow the nurse's instructions about not eating and drinking.
- **Shower:** Take another shower with the antibacterial soap. Follow the same steps as you did the night before.
- **Medicines:** Follow the instructions the nurse gave you about which medicines to take or not take. Remember to sip only enough water to swallow your pills.

### Ride Home

This is outpatient surgery. Most patients do not stay overnight in the hospital.

**You will need a responsible adult to take you home from the hospital.** This person may drive you, or take a bus, taxi, shuttle or other transportation with you. **You cannot travel by yourself.**

## What to Expect After Your Operation

### Dressing

- You will have packing in your ear canal after your surgery. **Do NOT remove this packing.** Your doctor will remove it at your next clinic visit.
- There will also be an outer dressing or a cotton ball over your canal opening, covered by a Band-aid. Keep this dressing in place for 2 days.
  - The outer dressing will be held in place with a strap. You may adjust the strap for better comfort.
  - If the outside of the dressing becomes bloody, you may return to clinic for a dressing change.
- Keep your ear dry until your doctor tells you it is OK to get it wet.

### Pain Medicine

- **For mild to moderate pain:** Take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin). Follow the dose instructions on the label. Alternate taking Tylenol and ibuprofen every 3 to 4 hours.

- **For severe pain:** Take the pain medicine (opioids) your doctor prescribed. Take only as prescribed.

## **Self-care at Home**

### **For Your Safety**

The general anesthesia you had for surgery will affect your ability to think and do usual activities. For 24 hours after your surgery, do **NOT**:

- Drive or use machinery
- Drink alcohol
- Travel alone
- Sign any legal papers
- Be responsible for children, pets, or an adult who needs care

### **Activity**

- For 4 weeks after your procedure, do **not**:
  - Blow your nose
  - Swim or dive
- If you have to sneeze, to do so **with your mouth open** to reduce pressure in your ears.

### **Return to Work**

Most people take 1 week off work to recover. Your doctor will let you know if you need to take more time off.

### **Altitude Changes**

- Do **not** fly for 1 month after your procedure.
- It is OK to use elevators.

### **Follow-up Visits**

- You will need a follow-up visit 1 week to a month after surgery to check your wound. Ask your surgeon when to schedule this follow-up visit.
- You will have a hearing test 6 to 8 weeks after your surgery.

### **Your appointments are:**

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## When to Call

Call the clinic nurse or doctor on call if you have:

- Increased redness, swelling, pain, or drainage from your ear
- Fever higher than 101.5°F (38.6°C)
- Bleeding from your ear
- Nausea or vomiting that will not stop

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call the Otology Voice Mail Line, 206.598.7519. We will return your call as soon as we are able.

After hours and on weekends and holidays, call 206.598.4022 and press 5 when you hear the recording. You will be directed to the Community Care Line Nurse.