

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Weekdays from 8 a.m. to 5 p.m., call the Nurse’s Voice Mail Line, 206-598-7519. Your call will be returned as soon as possible.

After hours and on weekends and holidays, call 206-598-6190 and ask for the Otolaryngologist on call to be paged.

Return to Work

Most people take 1 week off 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 after surgery to check your wound. Then, you will be seen once a week for 2 more weeks. You will have a hearing test 6 to 8 weeks after your surgery.

Your appointment(s) is:

Call the Clinic Nurse or Doctor On-Call If You Have:

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



Tympanoplasty

What to expect and how to prepare

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.

This handout describes what to expect, how to prepare for your operation, and how to plan for your recovery.

Do not take any aspirin or other products that affect blood clotting for 2 weeks before your operation.

How to Prepare for Your Operation

Hospital Stay

This is a day (outpatient) surgery. You must arrange for a ride home. You cannot drive yourself or take a taxi or bus home alone.

Arrival Time

The pre-surgery nurse will call you by 5 p.m. the night before your operation. If you are having surgery on a Monday, the nurse will call you the Friday before. If you do not hear from the pre-surgery nurse by 5 p.m., please call 206-598-6334.

The pre-surgery nurse will tell you when to come to the hospital and will remind you:

- Not to eat or drink after a certain time
- Which of your regular medicines to take or not take
- To sip only enough water to swallow your pills
- To arrange for someone to drive you home after surgery

What to Expect After Your Operation

Dressing

- You will have a dressing in your ear after your operation. Keep this dressing in place for 1 week.
- The dressing will be held in place with a strap. You may adjust the strap if it is uncomfortable.

Leave the packing in your ear. Your doctor will take it out at your next clinic visit.

- If the outside of the dressing becomes blood stained, 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.
- **Do NOT take out any packing from your ear.** Your doctor will remove the dressing at your next clinic visit.

Pain Medicine

You will be given medicine to take by mouth for pain. Most patients have very little discomfort after this procedure.

Food

You can begin to eat and drink the evening of your procedure. But, you may be a little nauseous from the anesthesia you received.

Precautions and Self-Care

Because you received general anesthesia, do **not** do these things for 24 hours after your surgery:

- Drive
- Drink alcohol
- Travel alone
- Sign any legal papers
- Be responsible for the care of another person

Activity

For 2 weeks after your procedure, do **not**:

- Blow your nose
- Swim or dive

If you sneeze, be sure to do so with your mouth open to reduce pressure in your ears.