



## Postoperative Care Tympanoplasty / Mastoidectomy

### What can I expect after a tympanoplasty or mastoidectomy?

- Your child may have some bloody drainage from the ear itself or the area behind the ear.
- Your child will experience some decreased hearing following the surgery due to dissolvable packing, ointment or blood in the ear canal. This usually improves gradually over the next 1-2 months. Depending upon the extent of your child's surgery a second procedure may be required to improve hearing.
- Fevers are common after surgery. Your child may run a fever for several days after surgery. If the fever remains over 102 **and** is not improving 30-45 minutes after ibuprofen (Motrin), hydrocodone with acetaminophen (Hycet - pain medication), or acetaminophen (Tylenol) is given please call the office. It is important that children drink plenty of fluids after surgery. This will not only make them feel better, but will reduce the chance of fevers.
- Your child may experience ringing in the operated ear, and/or numbness behind the ear for 3-6 months.

### What should I do if my child has pain?

- Your child may have pain inside or behind the ear for about 5 days. Ibuprofen (Motrin) or Hydrocodone should be given for pain. If your doctor prescribes pain medication, please be aware that most pain medications also contain acetaminophen (Tylenol). You should not give pain medication and Tylenol to your child in the same 4-hour period. Do not use aspirin products as these can increase the chance of bleeding after surgery. ***Never wake your child up to give a narcotic pain medication; such as, hydrocodone.***

### Will my child have a dressing?

- Your child may have an elastic headband that is secured over the ear. The headband should be removed completely after 1 day and left off. Call the doctor if bleeding from the ear soaks more than one bandage.
- There will probably be some yellow or bloody drainage from the ear for a day or two after the surgery. Your child may have a cotton ball loosely placed in the ear canal to collect drainage. During the next few days, you can change the cotton ball when it gets bloody. You should coat the cotton ball with Vaseline prior to placing it in the ear.
- Do not touch or remove any ear packing, as your doctor will remove this. If the packing starts to come out of the ear canal, **DO NOT** attempt to push the packing back into the ear canal.

### When can my child begin normal activity?

- Your child may resume normal activities around the home as soon as they feel up to it
- Quiet activities for 7 days. School can be started in 1-3 days if patient feels well. No sustained physical activity (sports, running, heavy lifting, swimming, P.E. class, bounce houses, trampolines, etc...) for 14 days after surgery. If your child underwent reconstruction of the middle ear bones (ossicles), your surgeon may require a much long period of time without sports (sustained activities), 6 weeks.
- If there is an incision behind the ear it should be kept dry for the first 3 days after surgery.

- The ear canal and contents of the ear canal should be kept dry for 8 weeks after surgery. No swimming. An ear plug should **NOT** be used; this will push pressure down the ear canal and disrupt the surgical repair of the ear drum. To keep water out of the ear during bathes and showers place a shower cap over your child's head and ear. Wash their hair over the sink while holding a sandwich bag or plastic cup over the ear.
- No flying or trips that involve a significant change of elevation that would make you ear pop for 8 weeks after surgery.
- Popping the ears: your child should not attempt to intentionally pop their ears for 8 weeks after surgery.
- Nose blowing: nose blowing after eardrum reconstruction is discouraged for 8 weeks. If your child must blow their nose an open handed technique should be used, no touching the nose or applying pressure to either nostril while blowing.

#### **When should I call the doctor?**

- If your child has excessive bleeding from the ear canal, or from the incision behind the ear.
- If your child has continued dizziness, nausea and vomiting longer than 1 day after surgery.
- If your child has pus-like or foul smelling ear drainage.

#### **How can I reach the doctor after hours?**

- There is a doctor on call 24 hours. If you need to reach us, please call the office number:

**972-745-8400 or 817-337-3339**