



Post-op eardrum repair instructions

Directions for Lortab (Tylenol with hydrocodone)

With tympanic membrane repair (paper patch), no ear packing is used. In cases of myringoplasty and tympanoplasty, ear canal packing is used to hold the graft in place. This packing is left in the ear while healing is ongoing and typically dissolves over time. Difficulty hearing from the ear that has been operated on is to be expected while the packing is in place. Any packing material that has not dissolved will be removed at a later time in the ENT Care for Kids office.

For tympanic membrane repair, there are no external incisions. In cases of myringoplasty, there is a small incision behind the ear that requires no special care. Usually there are no dressings. For patients undergoing a tympanoplasty, a longer incision may be made behind the ear, and in those cases a head dressing is worn overnight to prevent bleeding. Remove the dressing at home the day following surgery.

How long is recovery and healing following eardrum repair?

The timeline for recovery from eardrum surgery is a few days or less depending on which procedure is performed. In most cases, your child can resume usual activities within a day or two. However, don't let your child do any strenuous activities for a week following a tympanoplasty.

While recovery time is short, the healing time for tympanic membrane surgery can take up to six to eight weeks. During that time, the ear canal must be kept dry to prevent infection. Do this by keeping your child's ear covered during bathing. Additionally, in the case of a myringoplasty or tympanoplasty, your child will not be able to go swimming during the healing period. In the case of tympanic membrane repair (paper patch), the length of time for swimming and bathing restrictions is typically shorter (if any).

Your child can resume normal bathing and swimming once the doctor gives the OK at your follow-up office visit. You will be instructed about precautions to take with water exposure at the time of surgery.

What are other restrictions?

Don't allow nose blowing for two weeks following surgery. Blowing the nose may dislodge the patching material in the ear. Tell your child to sneeze with an open mouth for the same reason.

Major changes in air pressure also can dislodge the graft, so flying is not advised in the first week to 10 days following a myringoplasty or tympanoplasty. If you have any further questions about air travel, please call the ENT Care for Kids office at 214-696-8900.

Continued on next page



Eardrum repair instructions continued

Is pain typical following eardrum repair?

If your child has had tympanic membrane repair (paper patch), significant postoperative pain is uncommon. For a myringoplasty or tympanoplasty, significant ear pain can occur in the first 24 hours and may persist for up to five to seven days. Most pain following surgery is typically controlled with ibuprofen (Motrin or Advil). In case more significant postoperative pain occurs, you will be given a prescription for a narcotic pain medication.

When should I call the doctor?

A small amount of bleeding from the ear canal and incision can be expected for up to 24 hours following surgery. If you see bright red bleeding from the ear canal or the incision behind the ear, call the office. Additionally, if there is pus or foul-smelling drainage from the ear canal, this likely indicates infection and needs to be evaluated by the doctor.

If severe pain following surgery doesn't end by five to seven days, don't hesitate to call the office.

Dizziness, nausea, and vomiting are uncommon; however, should they occur, these symptoms should not persist for more than one day after surgery.

If you have any questions, please call the ENT Care for Kids office at 214-696-8900.