PERIOPERATIVE SERVICES

Post-Operative Instructions

Tympanoplasty/Ossiculoplasty Surgery

PAIN:

Some pain is normal after your surgery. Use Tylenol™ (acetaminophen) as directed for pain medication. Your surgeon may have also given you a prescription for extra pain medication. Use as directed.

OPERATIVE SITE:

Upon discharge from the hospital, you may have a large dressing which wraps around your head. There will be self dissolving packing in your ear. This packing will dissolve in 2 -3 weeks. The dressing will be removed when you see your surgeon.

ACTIVITY:

You may walk and do light activities. You must not lift heavy objects (more than 10 pounds or 4.5 kg) or do any heavy strenuous activity for example: running or sports for 4 weeks. If your job is not physically demanding, you may return to work in 1 to 2 weeks. If your job is physical, you must allow more time for your recovery. Avoid getting your dressing wet.

## You should not:

* Blow your nose. Sneezing and coughing should be avoided if possible (or done with your mouth open). Try to avoid contact with people who have colds or the flu.
* Bend over (head down position) or strain.
* Straining when going to the bathroom.

DIET:

Resume your usual diet, the day following surgery. Increase the fibre in your diet and drink plenty of fluids to help prevent constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

You may also purchase an over the counter stool softener like Colace™ or a mild laxative if needed.

**CONTINUED ON OTHER SIDE **

FOLLOW-UP:

Your surgeon will advise you of your follow-up appointment. If you are a Day Surgery patient a nurse from the Day Surgery Unit may call you the day after your surgery to discuss any concerns.

ADDITIONAL INFORMATION:

You may be dizzy for the first few days after surgery. If you find it necessary to get up, have someone stay with you. You should avoid turning rapidly as this may cause dizziness. Hearing improvement may take at least 4 to 8 weeks.

* You should specifically discuss scuba diving with your surgeon.
* No air travel for 8 weeks.

**Go to the nearest Emergency Department if you have any of the following:**

* Persistent dizziness and nausea.
* Severe pain or constant headaches.
* Bleeding.
* Elevated temperature (38ºC or 100.4ºF) and/or chills lasting more than 24 hours.
* Any facial paralysis – inability to smile or wrinkle forehead.

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same." Clean hands save lives.