



Dr. Huang's Post-Operative Instructions: Tympanoplasty / Stapedotomy

General Care:

- **Rest:** Take it easy for the first few days. Gradually return to normal activities as you feel comfortable, avoiding strenuous activities for at least 1-2 weeks.
 - **Diet:** You may resume a normal diet. Start with light meals on the day of surgery and increase as tolerated.
 - **Sleeping Position:** It is best to sleep with your head elevated (using extra pillows) for the first few days to reduce swelling.
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Ear Care:

- **Ear Dressing:**
 - There will be a cotton ball inside the ear when you wake up. This can be removed the day after surgery which is when you should start the antibiotic ear drops. The cotton ball and band aid do NOT need to be replaced unless you want it.
 - Do **not** remove any packing inside the ear unless directed by your doctor. It will be removed at your follow-up visit.
- **Water Precautions:**
 - Avoid getting water into the ear. Do not swim or submerge your head under water until cleared by your doctor.
 - When showering, put a cotton ball with vaseline in the ear to prevent water from entering.
- **Pain Management:**
 - You may experience mild discomfort or pain. Take prescribed pain medications or over-the-counter pain relievers as directed.
 - Aspirin and Ibuprofen/Motrin ("NSAID"-type medications) can increase risk of bleeding but are safe to take after surgery.
- **Bleeding/Drainage:**
 - It is normal to have some blood-tinged drainage from the ear for a few days.

- Blood thinners: Generally it is safe to restart your blood thinners if needed, though it is preferable to hold blood thinners for 5 days after surgery if your prescribing doctor feels it is safe to do so.
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Activity Restrictions:

- **Avoid Straining:**
 - Do not blow your nose forcefully for at least 2 weeks. Sneeze or cough with your mouth open to reduce pressure on the ear.
 - **Avoid Lifting:** Refrain from lifting anything heavy (over 10 lbs) or engaging in strenuous activities for at least 2 weeks.
 - **No Air Travel:** Avoid air travel for 4 weeks or until Dr. Huang clears you.
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Follow-Up:

- **First Post-Op Appointment:** The timing of your first follow-up appointment will be within the first 1-2 weeks after surgery. This visit is important to check the healing process and remove any packing in the ear.
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Risks of Tympanoplasty Surgery:

As with any surgical procedure, tympanoplasty carries certain risks. These may include:

- Hearing loss or changes in hearing.
- Dizziness or balance problems.
- Tinnitus (ringing in the ear).
- Infection, Bleeding.
- Taste Changes
- Graft failure.
- Persistent ear drainage.
- Facial nerve injury (rare).

Contact Dr. Huang's nurse at 402-403-3094 extension 123 OR Option #2 followed by Option #2