

**S.C.E.N.T.**

Southern California Ear, Nose and Throat  
433 E. Wardlow Rd.  
Long Beach, CA 90807  
Phone: 562.427.0550 Fax: 562.988.8899

**Post-Operative Instructions for  
Middle Ear Exploration or Tympanoplasty**

**PROCEDURE:**

The patient has undergone middle ear surgery. Depending on the type of surgery and patient's own constitution, the recovery will vary

**INSTRUCTIONS FOR HOME:**

**Expectations:** If further bleeding is noted on the dressing after you leave the hospital- call us.  
Any dizziness or recurrent vomiting is not normal-call us immediately.

F) or increased pain, call us immediately

Drainage from the wound behind the ear or passing of small bits of packing may persist for up to six (6) weeks after surgery

**Diet:**

On the night of surgery limit the patient to a light diet to help prevent vomiting after the surgery. The patient does not need to eat or drink until the next day. If desired, soups, Jell-O, juices, and popsicles are allowed. No heavy foods, including milk, should be eaten on the evening of surgery. On the day after surgery, the patient may eat anything he or she wants, as long as the stomach had settled.

Some children after adenoidectomy will refuse to eat or drink. If this is severe enough, the child could become dehydrated. Signs of dehydration are: a low grade temperature, dark "straw" colored urine, little or no urine output, dry cracked lips, sunken eyes, and absence of tears when crying.

Call our office if your child experiences these symptoms and you are concerned.

**Activity:**

- The patient may return to most activities, including school, as desired by your surgeon
- No physical education class, competitive sports, or swimming until cleared by your surgeon
- No heavy lifting or straining

- Limit nose blowing

**Ear Care:**

- Take care of the bandage as directed by the surgeon
- No hair washing until instructed by surgeon

**Medications:** Take antibiotics as prescribed

Tylenol is the most adequate for pain relief

**DO NOT USE ASPIRIN OR IBUPROFIN PRODUCTS SUCH AS ASPERGUN, ALEVE, MOTRIN, OR ADVIL AS THEY CAN CONTRIBUTE TO BLEEDING. AVOID SUCH HERBALS AS GINSENG, GINGKO, OR GARLIC SUPPLEMENTS**

**Follow-Up:** Surgeon will give you post-operative instructions for follow-up

If you have any questions, problems, or need to schedule (or reschedule) an appointment, please contact our office at 562.427.0550