pediatric ENT
OF OKLAHOMA
A DIVISION OF
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Pediatric Tympanoplasty
Postoperative Instructions

1. No heavy lifting, strenuous activity, contact sports, or gym class for 4 weeks after surgery.
2. Keep your child's head elevated on 1-2 pillows when lying down for 1 week following surgery.
3. Help your child remove the entire ear bandage 1 day after surgery until you see the ear and the skin incision (if one was made). The sutures will dissolve on their own. Oozing from the ear canal and ear incision (if you have one) is normal and will decrease with time.
4. Begin using the ear drops for your child as prescribed (usually 4-5 drops) twice a day to the operated ear for 10 days after surgery. You may bathe or shower your child, and wash his or her hair AFTER 48 hours.
5. If your child has an incision behind your ear, use half-strength hydrogen peroxide (1/2 water, 1/2 hydrogen peroxide) to remove any old blood clots or crusting on the wound with Q-tips. Do not use a bandage; leave the incision open to air. If there is any oozing, you may use a small sterile adhesive bandage temporarily. Apply Vaseline to the incision after cleansing with hydrogen peroxide. Do not use Neosporin or Bacitracin as a growing number of patients are developing allergies to these ointments.
6. Keep the ear dry with an ear plug or a cotton ball and Vaseline – if there is excessive drainage from the ear you may leave a cotton ball with Vaseline in the ear.
7. Your child will be given an antibiotic to take by mouth following surgery. Please have your child finish the medication as prescribed; do not stop early even if the child feels well. If you think that your child is developing an allergic reaction to the antibiotic, a yeast infection, excessive diarrhea or loose stools, or have severe abdominal cramping, please call your doctor's office. Contact us as soon as possible for any high fevers, severe headaches, or unusual neck stiffness.
8. The first clinic visit is 3 weeks following surgery - call 405-608-8833 to confirm this appointment with Dr. Digoy or Dr. Glade. We want to see you sooner if you have any serious concerns.

What might your child expect following tympanoplasty?

Pain

Your child will be given a pain medication to be taken for the first several days after surgery. Mild, intermittent ear pain is not unusual during the first two to four weeks after surgery and will slowly improve in most cases.

Swelling
Swelling is expected following surgery. The swelling can occur behind the ear, in front of the ear, around the eye, or around the mouth. Some bruising may also occur. The ear may appear to stick out or appear to be higher or lower than the other ear. This is normal and will gradually improve over the weeks following surgery. However, if a golf ball sized swelling develops, please contact us as soon as possible.

Ear numbness
Your child may complain of ear numbness - this is temporary and will improve over several weeks or months. If the ear is numb exercise caution when using a hair dryer on a hot setting to avoid injury to the skin until sensation returns.

Popping or ringing of the ear
Your child may experience ringing, popping, crackling, or other sounds in the ear. This is caused by nerve stimulation or fluid in the ear from surgery and usually improves with time. Your child may feel as if the ear feels clogged or filled with fluid. This is entirely expected after surgery.

Ringing (tinnitus), hearing loss, or increased hearing sensitivity
Patients may notice ringing of the ear after surgery – this can be high-pitched, low-pitched, constant or intermittent – and is often temporary or decreases with time. Your child may feel that the hearing is worse and this is due to the dissolvable packing and blood from surgery – this improves with time. Some patients experience loud sound sensitivity in the operated ear and this is usually temporary.

Dizziness
Dizziness may occur following surgery. Have your child avoid sudden movements, heavy lifting or straining; stand up slowly. Dizziness is usually temporary and will improve with time. Gradually increase your child's activity levels as your dizziness improves.

Drainage or discharge
A bloody or watery discharge is expected during the healing process. Call your doctor's office for a yellow or green discharge with a foul odor. Continue to apply ear drops twice a day as prescribed for at least 2 weeks following surgery. Some patients notice a nosebleed or spit up blood - this is common and results from the blood that accumulates in the middle ear during surgery, and drains into the back of the nose. This is not cause for concern.

Taste disturbance and dry mouth
This is common after cochlear implant surgery and results from irritation of the taste nerve (chorda tympani nerve) during the surgical approach to safely protect the facial nerve, expose the middle ear, remove disease (like cholesteatoma) and reconstruct the ossicles. This is a temporary sensation for the majority of patients. In some patients, this can last a few months or more.