



The Colorado Ear, Nose & Throat Group

Tympanoplasty and Ear Surgery Instructions

About Tympanoplasty:

Tympanoplasty describes a procedure that repairs a hole in the ear drum. There are a variety of techniques and types of tympanoplasty, but these all involve removing some cartilage or connective tissue from just in front of the ear (tragal cartilage) or behind the ear (temporalis fascia) to patch a hole. This can lead to improved hearing, but more importantly creation of a safe, dry ear.

Before your surgery:

- **If you are on blood thinners talk to your prescribing provider for instructions on when to stop before surgery and when to restart after surgery.**
Avoid any medications or supplements that can thin the blood such as aspirin, ibuprofen, fish oil, and ginkgo biloba the week before surgery. You typically can resume the day after surgery.
- **You may not eat or drink anything, including water after midnight on the day of surgery. However, you may take medications with a sip of water the day of surgery.**

After your surgery:

- **Expect muffled hearing.**
You may note your hearing is not improved or may be worse immediately after surgery. This is normal and is due to the dissolvable packing left in the ear to help hold the graft used to patch the hole. This will dissolve on its own over days to weeks with use of the ear drops.
- **Dressing care:**
You may have cotton ball taped to your ear or a larger dressing called a Glasscock on the operated ear. These can be removed the day after the surgery and replaced for your comfort to minimize bloody drainage or, in the case of the Glasscock dressing, to minimize any discomfort if you roll onto the operated ear while sleeping
- **Use your ear drops twice daily until you're follow up.**
After your surgery, use your prescription ear drops (five drops twice daily until the bottle is complete). At your follow up your doctor may refill the ear drops and have you continue to help dissolve the packing holding the graft.
- **Activity Restrictions:**
During the first six weeks after surgery your doctor will advise you not to go swimming, scuba diving, flying and to wash with a vaseline soaked cotton ball to keep the ear dry. This is to maximize the chances of success of the surgery.