



UNC

DEPARTMENT OF OTOLARYNGOLOGY/
HEAD AND NECK SURGERY

DIVISION OF NEURO-OTOLOGY &
SKULL BASE SURGERY

Discharge Instructions – Tympanoplasty/Tympanomastoidectomy

Please Read and Follow These Instructions for the Best Outcomes Following Your Surgery!

FOLLOWING SURGERY:

- **Remove outer dressing in 24 hours.**
- **Change cotton ball as cotton saturates with blood.** The ear will drain blood tinged fluid which will look like blood. This is normal. If bleeding is excessive, call our office. Typically this resolves within 3-5 days.
- **May shower in 48 hours.** Place cotton wiped in Vaseline with Vaseline side to the ear canal for showers/baths.
- **No swimming** until after 1st postoperative visit and told that drum is healed.
- **Do not remove any of packing in ear canal.** This will dissolve or be removed by your surgeon at a return visit (typically in 4 weeks).
- **Steristrips behind ear typically fall off in 7-10 days**, if not, patient/caregiver may peel off after 10 days.

ACTIVITY:

- **Minimize your activities**
 - Listen to your body! If you feel tired over the first few days, you should rest.
 - **Light aerobics are okay after 1 week. May resume full aerobic activity at 2 weeks.**
- **No heavy lifting > 2 bags of groceries** for the first 2 weeks.

MEDICATIONS:

- **Resume your home medications.**
- **Do not take any aspirin containing products or blood thinners** (Goody's, BC Powder or Bayer aspirin) until told to by your surgeon.
- **Apply ear drops 2 times per day, 3 drops each time.** This is critical as drops keep skin moist and help healing occur faster. It also helps to prevent infection. It also softens the packing making it easier to remove and helps it dissolve faster.
- **Pain:**
 - **Take pain medication as needed.**
 - **NEVER DRIVE A VEHICLE OR OPERATE HEAVY MACHINERY WHEN TAKING PRESCRIPTION PAIN MEDICINE**

DRIVING:

- **Do not drive** within 24 hours of receiving anesthesia or taking pain medication.
- **DO NOT DRIVE WHILE TAKING PRESCRIPTION PAIN MEDICATION.**

DIET:

- **Resume a healthy, balanced, normal diet** as you feel up to it.

FOLLOW UP:

- **You will have important follow-up appointments**
- **At 4 weeks post-surgery will have first visit** (unless canal down procedure performed in which first visit may be in 1 week)

POST-OP APPOINTMENTS:

- **Dr. Kevin Brown** call Ali at 984.974.3645
- **Dr. Harold Pillsbury** call Phyllis at 984.974.3644

CLINICAL APPOINTMENTS:

- **Dr. Kevin Brown** call Shanta at 984.974.3655
- **Dr. Harold Pillsbury** call Sonia at 919.966.3709

CALL OUR OFFICE OR GO TO THE EMERGENCY ROOM IMMEDIATELY IF YOU HAVE:

- Any vision problems/changes
- Fever over 101.4
- Neck Stiffness
- Heavy or prolonged bright red bleeding from the incisions

- **For Immediate Assistance call:**
 - Regular Hours - 984.974.3409 (Triage Nurse)
 - After Hours - 984.974.1000 (Ask for the Ear, Nose & Throat - ENT - doctor on call)

- **To leave a voicemail for your surgeon's nurse call:**
 - Dr. Kevin Brown - 984.974.3519 (BJ)
 - Dr. Harold Pillsbury - 984.974.3518 (Kathy)