
REPAIR OF THE EARDRUM (TYMPANOPLASTY) **CARE AT HOME INSTRUCTIONS**

What should I expect after surgery?

- If small cuts were made on the skin in front or behind the ear, dissolving stitches were used to close the small cuts.
- There may also be a bandage on the ear. Remove this the next morning.
- Improvement in hearing may take six to eight weeks, or longer.
- A small sponge may be left inside the ear for up to 14 days. This sponge will need to be kept moist by antibiotic drops, as prescribed by the doctor.
- Your child should not blow his or her nose until your doctor says the ear is healed.
- Sneezes or coughs should be done with an open mouth.
- At times your child may feel fullness in the ear. Your child should not try to relieve this fullness by holding his or her nose and trying to push air through the ears.
- They can eat and drink, and use straws.

What about my child's activity level?

- Slight dizziness or an upset stomach may occur when your child's head moves. Quiet activities are recommended for the first one to two days after the operation.
- Your child may return to school or daycare when he or she is no longer taking pain medication.
- Avoid physical activities like sports and school gym activities for four weeks.
- No swimming or water play until your doctor tells you it is okay to do so.
- Do not lie on the side of our treated ear.
- Using at least two pillows when lying down or sleeping may help your child feel more comfortable.

Can my child have a bath or shower?

- While the sponge is in the ear, keep the ear dry until seen by the doctor at the follow-up appointment.
- The cuts behind the ear must stay dry for two days after the operation. Your child may have a tub bath only until seen by the doctor.
- To keep the ear canal dry, use cotton balls coated with petroleum jelly while bathing.

What if my child has pain or discomfort?

Your child may complain of ear discomfort off and on during the first two weeks after surgery. This may vary in severity. Once at home:

- Give your child acetaminophen (Tylenol® or Tempra®) every four hours for the first 24 hours. For best pain control, this includes waking your child up during the night.
- Then give acetaminophen every four hours when needed for pain relief.
- For the right amount to give, follow the instructions on the acetaminophen bottle, using your child's weight.
- Do not give more than five doses in 24 hours. This includes the doses that were given at the hospital.
- Your child's weight is _____ kg. Acetaminophen was last given at _____.
- Additional medication(s):

- If you have any questions about your child's medications, talk to your doctor or pharmacist.

Do I need a follow-up appointment?

- Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments and call your doctor if you are having problems.
- Call the office the next day to schedule a follow-up appointment for _____ weeks from today.

When should I call the doctor?

- Continuous bleeding from the area of the operation.
- Weakness of the side of the face.
- Usual drainage from the ear.
- Pain not relieved with the medicine that has been prescribed.
- Temperature higher than 38.5°C for more than 24 hours.
- Severe swelling and/or redness of the area.

**For postoperative questions or concerns, please contact our
Pediatric ENT Nurse Practitioner at 780.407.1966
weekdays (Monday to Friday) from 7:00 a.m. to 5:00 p.m.**

If you have problems that you cannot resolve, and you are unable to reach the doctor or nurse practitioner, please be sure to take your child to the nearest emergency department