



**Connecticut  
Children's**

# Department of Otolaryngology

[www.connecticutchildrens.org](http://www.connecticutchildrens.org)

860.545.9650

## **POST-OPERATIVE INSTRUCTIONS FOR TYMPANOPLASTY**

Your child may be sleepy immediately following surgery. He or she should do quiet, restful activities for three days following surgery.

### **Activity**

School-age children should stay home from school immediately following surgery. Most children are able to go back to school after one week. However, they should not participate in gym class, sports, chorus, or play woodwind or brass instruments for four weeks. Your child should not fly on an airplane for four weeks. Your child should not go swimming until after the follow-up appointment.

### **Diet and Nutrition**

Start with clear liquids (water, apple juice). If those fluids are tolerated, then your child can advance to regular diet with no restrictions. If vomiting occurs, stop feeding for one hour, then give clear liquids and advance slowly to a regular diet.

### **Medication**

Give pain medication as prescribed by your child's doctor. For best pain control in the first 72 hours following surgery, give medication as prescribed around the clock. After three days, if pain is not severe, give Tylenol, Motrin, or the prescription pain medication as needed per your doctor's direction. If your child is prescribed an antibiotic, be sure to follow the dosing instructions.

### **Care**

Keep your child's head slightly elevated for the first 24 hours after surgery to help decrease swelling and pain. Avoid anything that makes your child's ears pop, and discourage your child from blowing his/her nose. It is normal for there to be some drainage from the ear canal for several days after the procedure.

Remove the outer dressing one day after surgery. Your child may continue to wear the dressing at bedtime if doing so is more comfortable.

Your child may take a bath or shower after surgery. You should place a cotton ball dabbed with petroleum jelly in the outer ear to keep water out during a shower or bath.

The incision area may look pinkish for several weeks after surgery. Apply an antibiotic ointment to the incision twice daily for one week. If the wound is closed with Steri-Strips, you should keep the area clean with mild soap and water. The Steri-Strips should fall off on their own within 1-2 weeks. If any strips remain after two weeks, carefully cleanse the area with soap and water and remove them. Once the Steri-Strips are removed, continue to gently cleanse the incision area daily and apply antibiotic ointment to the incision twice daily for one week.

Should you have any additional concerns, please call us at **860.545.9650**. Call our office immediately if you notice any of the following:

- Bright redness or increased swelling around the ear
- Pus from the incision or from the ear
- Fever of 101.5°F or greater