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## **Tympanoplasty / Myringoplasty pre-op and post-op instructions**

### **Pre-op instructions**

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.** If you do eat or drink the morning of the surgery, your surgery will be cancelled.

**Time to arrive:** You will be notified of the time of your surgery 24-48 hours prior to your surgery by the surgery center.

1. **10 days prior to surgery**, DO NOT take any of the following: Motrin, Advil, Aleve, or other anti-inflammatory products; aspirin (unless you have discussed this with Dr. Walker and she has given specific instructions); herbal medications including fish oil, garlic pills and vitamin E; or diet/weight loss medications such as phentermine.
2. If you are currently taking Warfarin, Plavix or Eliquis – please contact the prescribing physician for specific instructions on how to stop taking these medications prior to surgery and re-start these medications after surgery.
3. If you take any medications for the following conditions - blood pressure, seizures, blood clotting disorders, diabetes, or other chronic health conditions, contact our office to obtain instructions on taking these the morning of surgery.
4. If you have a chronic condition and see a specialist for heart, lungs, kidneys, or seizure disorders, you will need to get surgery clearance. It is your responsibility to contact your specialist and provide the clearance confirmation to our office, **at least one week prior** to your surgery.
5. DO NOT consume alcohol or take any tranquilizers or sleeping pills on the day of surgery.
6. Please contact our office if you are sick with a fever over 101 degrees, have nausea, vomiting, diarrhea or a cough, or if you have a change in medications.
7. Bring a list of ALL medications you are allergic to and the reaction it causes.
8. You will need to arrange to have a driver – they will need to be at check-in, stay during your procedure and be able to drive you home after the procedure.

## **Post-op instructions**

Please arrange for a responsible adult, who understands the post-operative instructions to stay with you at least the first night after your surgery. If you have any questions, please contact your physician.

1. **KEEP YOUR EAR(S) DRY!** DO NOT shower for 24 hours. Place a cotton ball in the ear, then apply Vaseline to the cotton ball outside the ear. This will keep water from getting into the ear. DO NOT let water hit the ear directly.
2. Replace the cotton ball in the operative ear as needed due to drainage.
3. Apply triple antibiotic ointment to external ear canal twice a day for seven days. Steri-strips should be allowed to fall off on their own, which should occur in 5-7 days. You may trim them if necessary.
4. A bloody or watery drainage may occur during healing. Clean dried secretions from around the ear using 3% hydrogen peroxide applied to Q-tips.
5. Popping in the ear is normal. This happens as material is reabsorbed and air is allowed in the ear. DO NOT pop your ears intentionally.
6. Minor dizziness may be present with motion.
7. Hearing may worsen immediately after surgery due to swelling and packing in the ear. This may last up to 8 weeks, but will improve as the ear heals.
8. Stay hydrated and resume diet starting with clear liquids, then advance diet as tolerated.
9. Resume your normal medications, but continue to avoid aspirin, ibuprofen, and any blood thinners for one week after surgery or as directed by your physician and/or Dr. Walker.
10. DO NOT: blow your nose until the ear is healed; swim, dive, or ski for 2 months after surgery; drive for one week; or do any heavy lifting or strenuous activity for at least two weeks.
11. If you have to sneeze, sneeze with your mouth open.

## **What is abnormal?**

Call our office or your primary care physician immediately if any of the following occur:

1. Heavy bleeding – increasing rather than decreasing with time.
2. Signs of dehydration – urinating less than twice daily, low energy, fever, dry mucous membranes.
3. Fever greater than 101 degrees.
4. Prolonged nausea or vomiting.
5. Increased pain, not relieved by pain medication.
6. Difficulty breathing.
7. Seizures or convulsions.
8. Metallic taste in mouth.
9. Ringing in ears.
10. Visual disturbances.

**If there are continued problems after three weeks, contact our office to make a follow-up appointment.**