

**MYRINGOPLASTY POST-OP INSTRUCTIONS:**

- Activity:
  - DO NOT BLOW YOUR NOSE FOR 3 WEEKS. If you need to sneeze, do so with your mouth open.
  - Do not use a straw for 3 weeks after surgery; this can put negative pressure on your ear drum.
  - Do not use Q-Tips or put anything in the canal unless you were prescribed ear drops.
  - Avoid straining for one week after surgery but light to moderate activity is permitted.
  - No smoking for 3 weeks after surgery. If you do smoke, this may be a good time to quit.
  - Water should be kept out of the ear until your follow-up appointment.
  - You may shower the day after surgery but do not allow water into the ear canal. A cotton ball covered with Vaseline should be used in the ear to keep water out when bathing.
- Dressings:
  - The dressing can be removed the day after surgery.
  - Once removed, replace the cotton ball in the ear as needed.
- Expectations:
  - Bloody drainage from the ear is common. Call the office if discharge from the ear lasts longer than 21 days or if it develops an odor or yellow/green color.
  - Popping sounds and a sensation of fullness may occur as normal part of the healing process.
  - Do not be concerned about your hearing for at least 8 weeks after surgery. Until then, it will sound muffled and your voice may echo in your ear with speech.
  - Minor swelling of the face on the same side as surgery is common.
- Medications:
  - Pain: Use Tylenol for baseline pain control. You may also use Ibuprofen.