Do you want to know?

Tympanoplasty

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What is it?

Perforation of the tympanic membrane refers to a break or tear in the drum of the ear. It is usually caused by infection or trauma. Tympanoplasty is the surgery done for the repair of the tympanic membrane perforation. Symptoms are diminished hearing, earache, and pressure in the ear.

What do you need to know?

Drugs

Use the medications as prescribed by your physician.

Diet

Increase food intake as tolerated. Start with a soft diet then advance to a regular one.

Activity

Resume the daily activities as instructed by your physician.

Therapeutic Measures

- Open your mouth when sneezing or coughing for the first 3 weeks after surgery to prevent an increase of pressure at the operated site.
- Blow the nose gently one side at a time in order not to exert pressure on the operated site.
- Place a clean cotton ball in the ear and change if needed.
- Keep ear dry and avoid water entry after surgery until instructed otherwise.
- Use cotton balls covered with water-insoluble gel during shampooing, showering and swimming as a barrier to water contamination.

Considerations

- Avoid bending at the waist, lifting heavy objects, straining during defecation and participating in heavy exercises to prevent pressure changes inside the ear for at least 3 weeks.
- Get the approval of the surgeon before traveling by plane.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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