

EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY

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TYMPANOPLASTY, MYRINGOPLASTY AND MASTOIDECTOMY

>>PATIENT INSTRUCTIONS >>

Please read and familiarize yourself with these instructions both **BEFORE** and **AFTER** your procedure. By following them carefully, you will assist in obtaining the best possible result from your surgery. If questions arise, please contact our physicians or nurses.

PRE-OPERATIVE:

- If you experience signs or symptoms of an upper respiratory infection or other illness within five days prior to surgery, please call our Surgical Coordinator at 610-363-2532 ext 108.
- For one (1) week prior to surgery, you should not take any aspirin or aspirin containing drugs, nor any ibuprofen or ibuprofen containing drugs. Examples of these include Advil (Motrin), Naprosyn (Naproxen), or Fiorinal. Also, supplements which should be avoided include Vitamin E capsules, omega 3 (fish oil), or glucosamine chondroitin. If you are required to be on any of these medications, discuss this matter directly with your ENTACC provider before stopping. If you are on Coumadin (Warfarin), Aspirin, or Plavix, please discuss with the prescribing physician about how to adjust this medication prior to your surgical procedure.
- You will be given prescriptions (usually an antibiotic and pain medication) prior to surgery. Have these prescriptions filled before your procedure and take as directed **AT HOME** following surgery.
- Avoid undue exposure or fatigue, as it might predispose you to a cold.

POST-OPERATIVE:

- **DO NOT BLOW YOUR NOSE FOR TWO WEEKS** following surgery. Any accumulated secretion in the nose should be expectorated through the mouth to avoid infecting the ear. If you sneeze, do so with your mouth open during the sneezing seizure.
- Some slight bloody or watery drainage may occur during the healing period. This may be removed by wiping gently with cotton. Any significant drainage or pus should be reported. Any moisture or drainage that occurs one week or more after surgery should be reported.
- A small piece of cotton may be placed in the ear opening during the night to prevent drainage on the pillow, or during the day if one is in a dusty atmosphere.

- Water should be kept out of the ear canal until it is healed. The hair may be shampooed one week after surgery, providing water is not allowed to enter the ear canal. This is avoided by putting a plug of cotton in the ear canal and applying Vaseline over the cotton. Some patients will be permitted to wash their hair sooner, and will be so notified.

If the symptoms of a cold develop within one month following surgery, please call our office at 610-363-2532.