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Instructions following Myringoplasty

General

A myringoplasty is a surgery performed by an otolaryngologist to repair a hole in the eardrum. In this surgery, the hole is repaired by placing a graft made of either a small piece of tissue from elsewhere on the body, or a gel-like material.

Diet:

Unless otherwise directed, you may have liquids by mouth once you have awakened from anesthesia. If you tolerate the liquids without significant nausea or vomiting then you may take solid foods without restrictions.

Ear Care:

It is recommended that your child keep his or her ear dry until you come see your physician for your follow up appointment. This includes swimming and showering/bathing. Please use ear plugs or a cotton ball dipped in Vaseline.

Encourage your child to avoid nose blowing and to sneeze with his/her mouth open for 5 to 7 days.

You may have a small incision with sutures behind your ear. Keep the incision dry for the next 48 hours. Afterwards, you may allow it to get wet, but do not scrub at the incision or soak the incision underwater. The sutures will dissolve on their own in about 1-2 weeks. After 48 hours, you may clean the incision with soap and water, then apply some antibiotic ointment (such as bacitracin) twice daily.

Pain Control:

There should be little or no pain following surgery. However, acetaminophen (Tylenol') may be given to relieve any discomfort. Follow the directions on the bottle. Your child may take ibuprofen (Advil', Motrin@) if his/her pain is not controlled with Tylenol

Fever:

A low-grade fever (less than 101 degrees) following surgery may occur and should be treated with Tylenol'. Follow the directions on the bottle. If the fever persists (more than 2 days) or is greater than 101 degrees, call your physician.

Activity:

You may return to normal activity as soon as able.

Follow-up Appointment:

Your follow-up appointment in the office will be I week following your surgery. This visit should be scheduled prior to your surgery (at the time of your pre-operative visit). If you do not have the appointment made, please contact our office when you arrive home from the hospital.

