

## **Post-operative Instructions For PE tube removal with Gelfoam Patch Myringoplasty**

1. The patient should remain quiet for the day of surgery. Most normal activities or those activities that might result in a sudden jarring of the head should be avoided since this may result in displacement of the patch placed over the eardrum. Specifically, athletic activities such as swimming, amusement parks, etc. should be avoided.
2. The patient should avoid all nose blowing and playing of any musical wind instruments for one (1) month after surgery. This is because the air could back up into the ears and result in displacement of the eardrum patch.
3. The ear should be kept dry until your physician states that the eardrum has healed and there is no further problem with water exposure. This may be accomplished by using earplugs or using cotton impregnated with Vaseline and placing that in the ear.
4. There is usually very little, if any, pain associated with this type of surgery. However, if there is some discomfort, use Tylenol as appropriate for the patient's age.
5. Occasionally there may be some blood-tinged drainage from the ear(s) after surgery. This is the result of the procedure as well as the packing used to hold the patch. The drainage may continue for several days and there is no reason for alarm. Cotton may be placed in the ear in order to collect the drainage until it ceases.
6. Even though it is not expected, ear infections can develop after surgery. If this occurs, a yellowish or greenish drainage will be seen. If you observe this happening, call the office so that we can prescribe the appropriate eardrops.
7. You should make arrangements for a follow-up visit four (4) weeks after the operation.
8. If you have any questions concerning the surgery or post-operative course, do not hesitate to call our office.