

Tympanoplasty and/or Mastoidectomy

Ear, Nose & Throat Clinic

4480 Oak Street, Vancouver, BC V6H 3V4
604-875-2113 1-888-300-3088
www.bcchildrens.ca

What to expect after surgery

Nausea

- Some children feel sick to their stomach after the anesthetic from the procedure. If your child vomits, start slowly with sips of water or juice before moving to a regular diet when your child feels ready.

Pain

- Your child may have some pain in or behind their ear for a few days after the procedure. To help with pain, you can give your child Tylenol (acetaminophen) and Advil (Ibuprofen) every 4-6 hours for the first few days, and then as needed. Follow the directions on the bottle.
- Your child may feel better if they sleep with their head elevated on more than one pillow.

Ear care

- Do not let your child touch their ear.
- Your child will have dissolvable packing in their ear. Pieces of packing may ooze from the ear. Packing may be mixed with old blood or other watery fluid. It might look black, brown, or reddish.
- The ear might feel full. Your child may also hear crackling and popping noises due to the packing dissolving. All of this is normal.

- Change the cotton ball every day and as needed if it is wet. Wash your hands before and after.
- Your child may complain of changes to their hearing. If your child already had problems with hearing, they may not improve for several weeks.
- Your child must keep their ear dry after this surgery. Do not get their ear wet until your follow up visit.
- When the ENT doctor says it is okay to shower or bathe, you can put a cotton ball with Vaseline in the ear. Then, hold a cup over the ear to keep it dry. It is best to help your child with this.

Activity

- Your child can return to school in around 3-7 days, or when they feel ready.
- No sports or vigorous activity until advised by your child's doctor, this is usually 2 weeks but may vary from around 2-4 weeks.
- No swimming until advised by your child's doctor, this may vary from 6-8 weeks.
- Air travel back home is fine. If you plan to fly within 4 weeks of surgery, check in with your child's doctor first.

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Doctor's instructions: (Ask the doctor on the day of surgery and use this area to write it down)

Bathing: _____

Activity: _____

Ear Care: _____

Other: _____

- The cut made behind your child's ear oozes pus (white, yellow or green fluid), or is warm, red, or swollen.
- You have other concerns about your child.



Follow up

- Your child should return to the clinic for a follow-up visit. Your child's doctor will tell you when to schedule follow-up visits.
- After your child's surgery, call your doctor's office to schedule this visit.



Call the ENT Clinic Nurse or Seek Medical Attention if:

- Your child has a fever of 38.5°C or higher that lasts for more than 24 hours, starting 2 or more days after surgery
- Your child's pain does not get better with pain medicine.
- Your child has bright red blood coming out of the ear more than 2 days after surgery.
- Your child's ear smells bad.
- Your child has a lopsided smile, a swollen face, or both.



Contact information

- ENT office:
604-875-2113
- ENT clinic nurse:
604-875-2345 ext. 7053
Monday to Fridays, except holidays
8:30am-4:30pm