

Wentworth Health Partners Head & Neck Specialty Group of NH

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Office Hours: Monday - Friday 8:00am - 5:00pm
www.headandnecknh.com

MASTOIDECTOMY/TYMPANOMASTOID SURGERY

The mastoid bone lies behind the ear and is usually made up of many open air cells. Infection of the middle ear may lead to infection of the mastoid (called mastoiditis) and these air cells fill up with pus. Left untreated, bone can even be destroyed and the infection could extend to other important areas of the head such as the brain. If treatment with antibiotics does not clear up the infection, surgery may be needed. Another, and more common, reason for mastoid surgery is in the case of a chronic draining ear or when a benign tumor called a cholesteatoma exists.

How Do I Take Care Of Myself After The Surgery?

- If there is a bulky, thick dressing in place, leave it on until the first post-op visit. The doctor will remove it and determine if another dressing is needed.
- There will be a small drainage tube inserted behind the ear that was operated on. Leave this alone; it will be kept in place for 2-7 days. Once removed, the doctor will advise you to apply Bacitracin ointment to the area twice daily for a week.
- Do not lie or sleep on the side with the bulky dressing.
- If only a small Band-Aid and cotton is in place, this can be changed whenever necessary.
- Do not allow the ear to get wet.
- Do not remove any packing in the ear canal.
- Keep the stitches clean and dry. Do not allow shampoo, soap or water on the stitches.
- Do not lie flat: use 3 pillows to keep your head elevated at night.
- NO SMOKING!
- Do not consume alcohol while taking pain medication.
- No straining, lifting or bending. If you must reach down, bend at the knees.
- Do not return to housework, yardwork, or your job until your surgeon tells you it is okay.
- Avoid coughing, sneezing, and blowing your nose. If you must sneeze, keep your mouth wide open.
- Generally, you will be out of school or work for 1-2 weeks.
- No gym class/exercise for 3 weeks.
- If your work involves heavy lifting or is very strenuous, you will need to be out of work for 2 weeks after your surgery.
- If you notice any dizziness, bloody drainage, drainage that looks like pus, or if you have increased pain, call the office.
- Your first post-op visit will usually be one week after surgery.