

Wentworth Health Partners Head & Neck Specialty Group of NH

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

MYRINGOPLASTY

A myringoplasty is a simple procedure where the surgeon repairs a small hole in the eardrum usually left after removing a ventilation tube.

- You may change the small Band-Aid and cotton whenever necessary.
- Do not allow the ear to get wet.
- Do not remove any packing in the ear canal (you may not be able to tell it is there, but if your hearing feels blocked, do not try to clear it).
- If you have any stitches, keep them clean and dry. You will return to the office about 1 week after surgery to have the stitches removed.
- Do not allow shampoo, soap or water on the stitches.
- Do not lie flat; use 3 pillows to keep your head up at night.
- **NO SMOKING!!**
- Do not consume alcohol while taking pain medication.
- Do not return to housework, yard work, 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.
- No exercise or gym class for approximately 2-3 weeks after surgery.
- If your work involves heavy lifting or is very strenuous, you will need to be out of work for 2 weeks.
- If you notice any dizziness, bloody drainage, or drainage that looks like pus, or if you have increasing pain, call the office.
- Your first post-op visit will be about 1 week after the surgery.