

**Surgery Center of Pinehurst**  
**Tympanoplasty/Tympanomastoidectomy/Stapedectomy**

1. You may experience a “stopped up feeling” in your ear for several weeks after surgery. This is a result of the packing used to hold the graft in place. The majority of the packing will dissolve on its own. **DO NOT GET WATER IN EARS.**
2. You may have stitches above you ear if the tissue to repair the hole in your eardrum was taken from above your ear. These stitches will be removed 7-10 days after surgery.
3. You may temporarily experience numbness around your ear after surgery.
4. You may experience discomfort in and around your ear following surgery. Take the pain medication prescribed by your doctor. Remember, take the medication with food. This will minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids. Do not drive as long as you are taking pain medication. If your doctor prescribed an antibiotic take it until it is all gone.
5. You may have a cotton ball in your ear after surgery. You may change the cotton ball as needed. Place Bacitracin Ointment on the end closest to your ear to prevent the cotton ball from sticking to your ear.
6. Mastoid Dressings: Leave the dressing on until you return to the clinic unless instructed otherwise by your physician.
7. Do not get your ear wet until instructed by your doctor.
8. If you have to sneeze, sneeze through your mouth. If you have a “sneezing attack” after surgery, take the prescribed medication to help alleviate the sneezing.
9. **Do Not** blow your nose.
10. No stooping, bending, or heavy lifting (nothing heavier than 10 pounds) until instructed by your doctor. No strenuous exercise until 3-4 weeks after surgery.
11. Do not use any ear drops unless your Physician instructs you to.
12. Keep your return appointment with your physician.

**If you have any questions or concerns, do not hesitate to contact our office.**

Office hours are Monday through Friday, 8 a.m. until 4 p.m.

After 5pm or on the weekend, call First Health Moore Regional Hospital at 910-715-1000 and ask for the physician on call.

**Dr. Matthew Grafenberg: 910-235-2706**

**Dr. Carl Berk: 910-295-0219**

**Dr. Jefferson Kilpatrick: 910-295-0216**

**Dr. Miller: 910-235-4677**

**Dr. Wyman McGuirt: 910-295-0242**

**Dr. Waldemar Riefkohl: 910-295-0240**