



Mastoidectomy with or without Tympanoplasty

Mastoidectomy is a surgical procedure that involves removing infected mastoid air cells resulting from ear infections or cholesteatoma. These cells are located in the mastoid bone, which is part of the skull located just behind the ear. The goal is to remove the diseased tissue to prevent further infections and complications, such as hearing loss or facial nerve paralysis.

Tympanoplasty (ear drum repair) with or without middle ear surgery is performed to treat chronic infections, improve hearing, and prevent further complications. The surgery can involve repairing the eardrum, removing infection, and reconstructing some (partial ossicular chain reconstruction "PORP") or all (total ossicular chain reconstruction "TORP") of the hearing bones.

These procedures are often performed together under general anesthesia and as an outpatient. It typically takes 2-4 hours depending on the complexity. It is performed by going both through the ear canal and behind the ear as well. The pain is usually mild to moderate.

Pre-Operative Instructions:

- **Fasting and Preparation:**
 - Avoid eating or drinking after midnight the night before surgery.
 - Avoid alcohol for several days prior to the procedure as this can increase your risk of bleeding.
 - Do not smoke for 2 weeks prior to the procedure as this can impair the healing process.
- **Medications:**
 - You will likely need to stop taking blood thinners, weight loss medications and some diabetes medications. Consult with your doctor. See attached medication sheet for general recommendations.
 - Take all other prescribed medications with a small sip of water as instructed.
- **Health Status:**
 - Notify your doctor if you have any symptoms of cold, flu, or respiratory infection.
 - Inform your doctor of any allergies, especially to sedatives or anesthetics.
- **Day of Surgery:**
 - Arrive at the surgical facility as instructed.
 - Wear comfortable clothing and remove jewelry, make-up and contact lens.
 - Arrange for a responsible adult to drive you home after the procedure, as you will not be able to drive yourself.

Post-Operative Instructions:

- **Medications:**
 - Resume your home medications after the procedure unless otherwise instructed.

Viewmont Surgery Center -- 50 13th Avenue NE Hickory, NC 28601 [\(828\) 624-1250](tel:8286241250)
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Catawba Valley Medical Center -- 810 Fairgrove Church Rd, Hickory, NC [\(828\) 326-3000](tel:8283263000)
www.catawbavalleyhealth.org

Frye Regional Medical Center-- 420 N Center St, Hickory, NC 28601 [\(828\) 315-5000](tel:8283155000)
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- You may be prescribed antibiotics and pain medication after the procedure. Many patients only take acetaminophen (Tylenol) and ibuprofen (Motrin) alternating doses every 3 hours. *Ex: Tylenol 500mg at 8am, Motrin 600mg at 11am, Tylenol 500mg at 2pm, Motrin 600mg at 5pm, etc. ...*
- You may also be prescribed ear drops if indicated. Your surgeon will provide specific instructions.
- **Activity:**
 - Rest for the first 24 hours after surgery.
 - Gradually resume normal activities as tolerated.
 - Avoid strenuous activities and heavy lifting for at least 4 weeks.
 - You may experience some dizziness or nausea, which should subside within a few days.
 - Do NOT drink through a straw or blow your nose until clear by your surgeon.
 - Do NOT drive if you are actively taking prescription pain medication.
 - Do NOT fly until cleared by your surgeon.
- **Diet:**
 - Resume a normal diet as soon as you feel able but start with soft foods to avoid discomfort while chewing.
 - You may notice that your taste is altered after surgery. This typically resolves over several weeks.
- **Wound Care:**
 - Keep the surgical site clean and dry.
 - You may shower after 24-48 hours but avoid submerging the incision. Do not get water in your ear canal. You can place a dry, fresh cotton ball in the ear canal while bathing.
 - Report any signs of infection (redness, swelling, or discharge) to your doctor.
 - An ear dressing/cup may be provided if you have an incision behind your ear.
- **Follow-Up:**
 - Follow up with your surgeon's office as scheduled for wound check.
 - Expect that your hearing may not return to baseline for 2-3 months after surgery.
- **Emergency Situations:**
 - If you experience severe symptoms such as uncontrolled pain, significant swelling or bleeding from the incision, uncontrolled nausea or vomiting, facial weakness or paralysis call our office or seek immediate medical attention.

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