



# Myringoplasty, Tympanoplasty and Mastoidectomy

## General information and care after surgery

This flyer contains information about how to care for your child after ear surgery.

### How should I care for my child's ear after surgery?

- Keep water out of your child's ear until your child's follow-up visit with the doctor after surgery.
- Wait at least 3 days after surgery to wash your child's hair.
- When bathing please use ear plugs or cotton balls sealed with Vaseline to keep water out of the ear canal.
- Make sure your hands are clean when performing any ear care.
- Apply ear drops as directed by your doctor.
- Be gentle with your child's ear.
- Try to avoid and prevent any hits or bumps while the ear is healing.
- Use cotton as a plug only while sleeping or after ear drops have been put in.
- Expose the ear to as much air as possible. This will aid in the healing process.
- Avoid strenuous activities.

### How should I care for the incision?

There may be stitches behind your child's ear. These are dissolvable. Keep the incision dry for 3 days. If there is any blood, debris, or ear drainage on the incision, gently wash it off with mild soap and water then pat dry. Apply antibiotic ointment to the incision 1 to 2 times per day as directed by your doctor.

Some incisions may have a clear plastic (Tagaderm) dressing. It will come off in about 1 week.

Call your doctor or nurse if there is oozing from the incision, it swells or becomes red.

### What should I do if my child has drainage from the ear?

Pink or bloody drainage from the ear after surgery is normal. The outer ear may be cleaned and ear drops applied as directed by your doctor. Often gelfoam (gelatin like material) is placed in the ear canal during surgery. It will

### To Learn More

- Otolaryngology  
206-987-2105
- Your child's  
healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

slowly come out of the ear over the next several weeks. Call your doctor or nurse if the ear drainage becomes thick, yellow, foul smelling.

### What should I do if my child has pain?

Your child's ear will feel uncomfortable for the first few days. Use acetaminophen (aspirin substitute) or ibuprofen according to the directions to relieve discomfort. Rest will help, too. If your child has extreme pain or discomfort please call your doctor or nurse.

### What should I do if my child catches a cold?

It is hard to avoid colds, but please try. Plenty of rest, a balanced diet, and washing hands often will help. If your child does catch a cold, do not blow the nose with force. Gently clear all secretions from nose and mouth. Remind your child to sneeze with their mouth open. This will help prevent extra pressure behind the ears.

### Free Interpreter Services

- In the hospital,  
ask your child's nurse.
- From outside the  
hospital, call the toll-  
free Family  
Interpreting Line  
1-866-583-1527. Tell  
the interpreter the  
name or extension you  
need.
- For Deaf and hard of  
hearing callers  
206-987-2280 (TTY)

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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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