



FARMINGTON
EAR, NOSE & THROAT



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POSTOPERATIVE INSTRUCTIONS FOR MYRINGOPLASTY

The following are instructions for patients who have undergone ear surgery such as fat grafts, paper patches, etc. Please refer to this sheet and if it does not satisfactorily answer your questions, do not hesitate to call my office at any time.

- **Keep your ear dry.** You may shower but keep your ear dry. Put a cotton ball in your ear, then put Vaseline on the outside of the cotton ball. This will keep water from getting inside your ear. Do not let the pulsation of the water hit directly onto your ear.
- **Do NOT blow your nose.** If air is forced through the Eustachian tube, it can damage or displace the fat graft or patch. For this same reason, it is a good idea to **sneeze with your mouth open.**

Do not drive if taking any narcotic for pain or medication for dizziness in the post op period or after any treatments. The patient fully understands this warning.

Please call the office if you have any problems or questions. After hours, you can reach me through the hospital 573-756-6451.