

Dr. Jacob Johnson
(415) 362-5443

Tympanomastoidectomy-Post Operative Instructions

1. Rest at home for the remainder of the day. You may resume normal activities tomorrow.
2. If you experience lightheadedness or dizziness:
 - a) Lie or sit down immediately and rest. These sensations should pass.
 - b) Notify your doctor if you experience prolonged dizziness.
3. Avoid getting water in the ears. When bathing or showering, wear ear plugs or use Vaseline coated cotton balls in the ears. Keep the incision also dry for one week.
4. Avoid blowing your nose. If you have to sneeze or cough leave your mouth open.
5. There may be drainage of blood tinged fluid from the ears during the first 72 hours.
6. You have received a general anesthetic:
 - a) Do not drive or operate any heavy machinery for 48-72 hours.
 - b) Avoid making important decisions or signing important papers for 48-72 hours.
 - c) Do not drink alcoholic beverages for 1 week.
 - d) Eat a diet of liquids or light nourishment as tolerated today and progress to your normal diet as your appetite returns.
7. If you develop any of the following symptoms, notify your doctor immediately:
 - a) Temperature greater than 101 degrees Fahrenheit.
 - b) Extreme pain not relieved by your prescribed medication, swelling, or excessive bleeding.
 - c) Inability to keep liquids down due to nausea and vomiting.
 - d) Facial weakness or mental confusion.
 - d) Any unusual problem you believe is related to your surgery.

To reach Dr Johnson:

- 1) For urgent issues call Dr. Johnson on his pager at (415) 719-9321. These may
- 2) For urgent or routine questions call Dr. Johnson's answering service by dialing (415) 362-5443 push "03".

If for any reason you are unable to reach Dr. Johnson please go to your nearest emergency room.

Patient
Sticker

Discharge Medications:

- 1) Take your pain medicine and antibiotics as prescribed.

- 2) The ear drops will be used after Dr. Johnson removes the dressing. The ear drops will be placed on the ear packing and then cotton placed to absorb any drainage.

Please call Dr. Johnson to schedule a follow up appointment in 1 day to remove your dressing and 7 days to remove ear packing and stitches.

A copy of these instructions have been explained and given to the patient or patient's representative _____RN

Patient or Patient Representative Signature

Relationship

Date

Patient Sticker