

**APPALACHIAN REGIONAL HEAD & NECK CENTER**

**HOME OFFICE:**

**200 MEDICAL CENTER DRIVE, SUITE 2N**

**HAZARD, KY 41701**

**606-439-4466**

**OTHER OFFICES ARE LOCATED IN SOMERSET, LONDON AND LEXINGTON, KY**

**TYPANOPLASTY**

**PATIENT TEACHING**

- 1. You MAY resume LIGHT activities after surgery – NO heavy lifting**
- 2. You should AVOID getting water in the ears. While bathing, place Vaseline-soaked cotton balls in the ears to protect from water. You may bathe and wash your hair 2 days after surgery as long as you protect the ear from water**
- 3. You MAY take Tylenol or other prescribed pain medication**
- 4. You may change the outer cotton dressing in the ear if it becomes moist**
- 5. Call the office if you have any unusual problems or persisting dizziness**
- 6. Some drainage is to be expected for the first few days after surgery. If drainage becomes yellow or foul-smelling, call the office during regular hours or the nurse after hours – shown below:**

**Office Hours:**

**Monday – Thursday 8:00 a.m. – 4:00 p.m. and Friday - 8:30 – Noon**

**If you need assistance after these hours, you may contact:**

---

**NAME OF PATIENT:** \_\_\_\_\_

**FOLLOW UP APPOINTMENT:** \_\_\_\_\_