



Post-Operative Instructions Ventilation Tube Removal/Paper Patch

1. **Pain** – Significant pain is unlikely; mild discomfort is to be expected for a few days post-operatively. If pain becomes severe or accompanied by drainage, call Dr. Jungkeit for further instruction.
2. **Nose blowing/sneezing** - It is important to refrain from nose blowing for 3 weeks after having a paper patch procedure. If the nose is stuffy, spray the nose with saline and sniff in to clear the nostrils. Sneezing may cause the paper patch to displace or re-perforation of the healing eardrum. If you must sneeze, try to stop it by **pressing firmly** on your upper lip, otherwise, sneeze with an **open** mouth.
3. **Water precautions** – Keep the ears dry during baths or showers for 4 weeks. Silicone ear plugs work well for bathing, but they are not effective enough for swimming underwater. Swimming should be avoided during the healing process. If exposure may occur, custom swim plugs are recommended and may be made through Dr. Jungkeit's office. A 2 week advance notice for fitting is required. Custom swim plugs cost \$68.00 per pair.
4. **Hearing** – Hearing will likely be decreased while the eardrum attempts to heal the perforation. The ears may also have a feeling of congestion. If this feeling of congestion or decreased hearing lasts for more than 6 weeks, call for an appointment.