



Ear Surgery

POST-OPERATIVE INSTRUCTIONS

INTRODUCTION

Please read and familiarize yourself with these instructions. By following them carefully, you will assist in obtaining the best possible result from your surgery. Please do not hesitate to ask any questions that should arise.

INSTRUCTIONS

1. For pain or discomfort, please use either Tylenol (acetaminophen) as directed on the label, or any pain medications that your Doctor may prescribe.
2. Please continue to take any other types of medicines that may have been prescribed for you by your Doctor(s). If you have any questions regarding medicines that you are now taking, please ask.
3. Elevate your head while sleeping. Avoid sleeping on the operated ear.
4. Take it easy! No bending, lifting or any type of straining until your Doctor states that it is okay to do so.
5. DO NOT BLOW YOUR NOSE!
6. Avoid sneezing. If you need to sneeze, make sure to sneeze with your MOUTH OPEN.
7. Eat a soft diet for one week after the surgery.
8. Occasionally, nausea and vomiting occur after the surgery. However, if vomiting continues for more than an hour, please call.
9. Please remove the dressing as directed by your physician. Then place a Bacitracin-coated piece of cotton in the ear at least once a day.
10. Keep the ear dry! When showering or bathing use waterproof earplugs or a bathing cap.
11. If there is an incision behind the ear, start cleaning it with a mixture of ½ strength hydrogen peroxide and water on a Q-tip twice a day after the dressing is removed. After cleaning, apply a light coat of Bacitracin ointment (available in your local pharmacy) to the wound.
12. It is natural to have some drainage (of old blood and ear drops) from the ear after the operation; just continue to replace the Bacitracin-coated cotton at least once a day.
13. You may experience numbness around the ear. This is normal. Some of this will resolve over several months.
14. Please call if a temperature greater than 102°F, shaking chills or any other concerns develop.
15. Please follow up on _____ at _____ for further post-operative care.