

POST-OPERATIVE INSTRUCTIONS:

Ear Surgery

- Unless told otherwise, please be sure to call the doctor's office and make an appointment to see her/him in _____ week(s) after your surgery.
- **DO NOT BLOW YOUR NOSE** for 3 weeks after your surgery. Any secretion in the nose should be spit out through the mouth to avoid infecting the ear or disrupting the surgery. If you sneeze, do so with your mouth open.
- Avoid fatigue as it might cause you to catch a cold.
- Do not get water in the ear. You may shower and wash your hair 3 days after your surgery. Place a fresh piece of cotton in the ear and cover it with a plastic baggie. If Band-Aids are behind the ear, they may be taken out at this time.
- Some drainage from the ear is expected for 7-10 days after surgery. You may change the cotton as necessary. If the drainage develops a foul odor, please contact our office.
- Bloody or watery drainage from the incision area may occur during the first 10 days following surgery. If this happens, tape a piece of gauze behind the ear and call the office.
- A full sensation, popping sounds and fluctuating hearing may be noticed in the ear while it is healing.
- Ringing in the ear is common and acceptable after surgery. This will usually improve as healing takes place.
- If you have had surgery to improve your hearing, do not be concerned regarding your hearing for a period of 6-8 weeks following surgery. Your hearing will be evaluated at that time. You may travel by air one week after surgery.
- Do not attempt any heavy lifting (more than 10 pounds) or bending over until your post-operative visit.
- Should your ear become painful or reddened, please contact our office.
- Some dizziness may occur after ear surgery, depending on the extent of disease or surgery performed. If it becomes severe and is associated with nausea and vomiting, contact our office.
- Should you have any pain in the leg following surgery, notify our office immediately and see your family doctor as soon as possible.
- If you have any questions regarding your comfort or care, please contact our office. We have a 24-hour answering service for emergencies.

If you have any concerns not covered here or by your surgeon, please contact the office. After office hours the telephone answering machine will instruct you as to how to contact the physician on call.