

## POSTOPERATIVE CARE INSTRUCTIONS

### ***EAR SURGERY***

#### ***After Surgery Care***

**Incision:** If there is an incision behind your ear, you may gently clean the incision daily with either soap and water or hydrogen peroxide. Apply Vaseline or antibiotic ointment after cleaning.

**Activity:** Do not strain or lift anything greater than 10 lbs for 3 weeks. Walking is fine, but do not do any heavy exercise until you discuss with your surgeon. **Do not blow your nose for 3 weeks after surgery.** If you sneeze, do so with your mouth open for 3 weeks following surgery. Do not use a straw to drink beverages for 3 weeks following surgery. Do not use Qtips.

**Diet:** You can eat your regular diet. However, the first night after anesthesia it is best to keep your diet light to avoid nausea.

**Dressing:** If a head-wrap was placed after surgery, you may remove this after 24 hours.

**Showering:** Keep your ear dry. Water should be kept out of the ear until it is healed. You may shower the day after surgery, if you keep your head dry. Your hair may be shampooed 2 days following surgery, provided water is not allowed into the ear canal. To keep water out of the ear canal, place a cotton ball covered with Vaseline in the ear. Each time you shower, you should use a fresh cotton ball.

**Sounds:** Do not be concerned regarding your hearing for a period of six to eight weeks following surgery. Your hearing will be evaluated at this time; until then, your hearing may sound muffled and your voice may echo in your ear during speech. It is common for your ear to feel clogged or have a full sensation. Popping sounds may be noticed during the healing process.

**Swelling:** In general, minor swelling of the face on the same side of the surgery is not uncommon. Small bruising near the eye or mouth is not uncommon from the facial nerve monitor.

**Pain:** Most patients find that regular Tylenol is effective to control pain. There will be a narcotic pain medication called in to your pharmacy that you should pick up to have on hand for use if the acetaminophen is not adequate.



**Do not drive, operate dangerous machinery, or do anything dangerous if you are taking narcotic pain medication** (such as oxycodone, hydrocodone, morphine, etc.)

This medication affects your reflexes and responses, just like alcohol.

**Antibiotics and Ear Drops:** Please take all antibiotics and ear drops as prescribed by your doctor after surgery.

### **When to Call Your Surgeon: If you have...**

1. Any concerns. We would much rather that you call your surgeon then worry at home, or get into trouble.
2. Fever over 101.5 degrees F.
3. Bloody drainage from the ear is common. Call the office if discharge from the ear lasts **longer than 21 days** or develops an **odor** or **yellow/green color**.
4. Increase warmth or redness around the incision.
5. Pain that continues to increase instead of decrease.
6. Problem urinating.
7. If you have trouble breathing- **you need to go directly to the emergency room without calling.**

### **Postoperative appointments:**

A post-operative appointment has been made for you approximately 3-4 weeks after surgery. It is often given to you with your preoperative packet of instructions, but if you do not have an appointment or are not sure when your appointment is scheduled for, please call our office.