



POST-OPERATIVE INSTRUCTIONS EAR SURGERY

GENERAL CARE

- 1. DO NOT BLOW YOUR NOSE FOR FOUR WEEKS** following surgery. Any accumulated nasal secretions should not be sniffed back and expectorated through the mouth. If you sneeze do so with your mouth open. Do not stifle a sneeze.
2. Start the antibiotic medication the evening of your surgery and complete the prescription. Some discomfort in the area of the operation is to be expected. Take Tylenol in your usual dosage for minor discomfort. If the medication is not adequate, then fill the prescription for pain relief medication and take as directed.
3. Any pus or foul-smelling discharge should be reported to the office immediately.
4. You may note gurgling or popping noises in your ear during the healing period. These noises are normal and do not indicate a problem.
5. You may note a full sensation in the ear. However, do not hold your nose and try to blow air through the Eustachian tube into the ear. Try yawning or swallowing to relieve this sensation.
6. Avoid rapid head motion and sudden positional changes to minimize dizziness.
7. Do not be concerned with your hearing for the first 6-8 weeks after surgery.

HAIR CARE

1. You may wash your hair two days after surgery.

2. Saturate a small cotton ball with Vaseline. Place the cotton ball into the outer opening of the ear canal. Smear Vaseline over the cotton ball and outer ear to form a water seal earplug. Use this cotton ball-Vaseline plug when you wash your hair.
3. It is best to bend your head over the sink to wash your hair to avoid water locking around the cotton ball into the ear canal.

ACTIVITIES

1. You may resume your normal routine. However, avoid any strenuous activities that cause panting or jarring for at least 2 weeks.
2. Avoid undue exposure or fatigue.
3. Automobile driving may be resumed several days after surgery. CAUTION: quick head motion may cause transient unsteadiness during the first two weeks.

DIET

1. You may resume your usual dietary habits upon leaving the hospital.
2. Avoid use of alcohol for the first 2 weeks.
3. Smoking will alter the healing process. Try not to smoke the first 2 weeks.
4. Caffeine-containing foods or drinks should be used in moderation.

MY POST-SURGICAL INSTRUCTIONS HAVE BEEN REVIEWED AND EXPLAINED TO ME. I UNDERSTAND THESE INSTRUCTIONS AND ALL MY QUESTIONS WERE ANSWERED.

Signature: _____

Date: _____