



Postoperative Instructions Ear Surgery

FIRST POST-OP DAY When you awaken from anesthesia you may have a plastic cup bandage over the operated ear. This is held in place by a Velcro strip around your head. The bandage doesn't have to be tight. If it feels too tight or too loose, you can adjust the Velcro strap yourself. You may sleep on your back of the opposite side but should avoid sleeping on the operated side. Don't worry if a pinkish drainage stains the gauze in the cup—this is normal.

ACTIVITY After discharge the patient should not engage in any vigorous activity until their physician has released them to do so. This period of limited activity usually lasts 3 weeks after your discussion with your physician. The patient may return to school in 2-3 days if their condition allows, but they should not participate in any P.E. or recess activities. The patient should avoid exercise and any activity that causes an increase in heart rate or perspiration. It's important to keep water out of ear for 3 weeks after surgery. Do not blow your nose and sneeze with your mouth open for 10 days.

DIET As tolerated, Frequently taking narcotics on an empty stomach causes nausea. Encourage the patient to drink or eat bland foods prior to taking medication. Repeated vomiting should be reported to the physician.

PAIN A prescription for a narcotic will be provided. If a narcotic is not needed, please give Tylenol or Ibuprofen postoperative. Avoid aspirin x 3 weeks after surgery.

BLEEDING The cup bandage, if present will be removed the following day. The physician might tell you to remove the cup and gauze from behind the ear. The cotton ball should be changed twice daily. It will be stained a dark reddish-brown color—this is normal. Be sure to clean the incision line with cotton swabs and hydrogen peroxide and then apply a light layer of antibiotic ointment once or twice per day.

FEVER If fever exceeds 101.5 the physician should be notified.

OTHER You may notice that the operated ear seems to protrude further away from your head. After several weeks to months it will go back to a more normal position. The top part of the ear may feel a little numb to the touch. The feeling in this area will return soon.

There will be packing in place, so do not be alarmed if your hearing does not seem like it changed much initially. If instructed, continue to use the ear drops postoperatively as that will help to dissolve the exterior packing that will be removed between 1 to 3 weeks post-op (depending on the type of procedure you have had). You will still have packing under the ear drum that will dissolve over a 3 to 6 week period. This packing is not removed, and the resolution of that packing will likely cause popping and cracking sounds as the middle ear clears this packing. Your hearing may go up and down as this process completes, but the trend should be towards overall hearing improvement. You will have hearing tests post-op to track the progress of your hearing recovery.

WOUND CARE Change cotton ball twice a day. **DO NOT pull any packing out.**

ALL LOCATIONS AND AFTER HOURS (828) 322-2183

**IF, FOR ANY REASON, YOU ARE UNABLE TO REACH OUR OFFICE OR YOUR SURGEON
DURING AN EMERGENCY, PLEASE GO TO THE NEAREST EMERGENCY ROOM
IMMEDIATELY.**

Hickory Lincolnton Morganton