

AFTER SURGERY INSTRUCTIONS

EAR SURGERY

WHAT TO EXPECT

- Mild to moderate pain and swelling.
- Nausea or vomiting may occur, usually resolves within hours or days.
- Drainage which may be discolored or bloody.
- Hearing usually takes several weeks to improve.
- Low grade fever.

SPECIAL INSTRUCTIONS

- Your surgeon will give specific instructions if any type of bandage is used.
- Change the cotton ball in the ear canal at least daily or after use of if ear drops are prescribed.
- Sutures are usually removed in the office one week after surgery. The suture line may be washed with soap and water. Shampoo may be used; however, a cotton ball covered with Vaseline should be used in the ear canal to keep water out.
- Avoid harsh nose blowing for the first week. Sneeze or cough through the mouth.

MEDICATION

- Acetaminophen (Tylenol or equivalent) and / or Ibuprofen (Motrin) is usually adequate for pain control after surgery.
- Prescription pain medication may be prescribed and used only if necessary for severe pain.
- Prescription pain medication may be prescribed for nausea.
- Discard any unused prescription pain medication. Never save at home. Any prescribed pain medication from our office is on the FDA flushing approved list. Drop boxes are available at county offices and selected pharmacies.
- Acetaminophen is contained in prescribed pain medication – do not exceed maximal daily dose.
- Antibiotics are not prescribed due to side effects and lack of benefit.

ACTIVITY

- Avoid strenuous activity for one week.

DIET

- No restrictions.

POST OP APPOINTMENT

- Usually one week after surgery.

WHEN TO CALL

- Call office during routine hours for questions, concerns, changes or refills of any medication. Make sure there is enough pain medication to avoid after hours calls.
- After hours calls should be limited to urgent problems such as excessive bleeding, persistent dizziness or excessive drowsiness.