

## EAR CONSULTANTS OF GEORGIA

### INSTRUCTIONS AND INFORMATION FOR AFTER EAR SURGERY

**BANDAGES-** If the doctor has asked you to change your dressing you may do this 24 hours after the surgery. If the cotton ball or dressing is soiled you may replace it with clean, not sterile, cotton from your pharmacy.

**BLOWING NOSE- DO NOT BLOW YOUR NOSE** for 3 weeks following ear surgery. Any accumulated secretion in the nose should be expectorated through the mouth to avoid infecting the ear or disrupting the reconstruction. If you sneeze, do so with your mouth open.

**CONSTIPATION- DO NOT STRAIN** after ear surgery. Pain medication may cause constipation. This should be treated with stool softeners and laxatives as appropriate.

**DIZZINESS-** Some dizziness may occur after certain types of ear surgery. If this becomes severe and is associated with nausea and vomiting, contact the office.

**DRAINAGE-** Bloody or thin yellowish drainage from your ear is to be expected for several days after surgery. If drainage develops a foul odor, please contact our office. There should be no drainage behind the ear from the incision area. If you have had tumor or shunt surgery and you notice clear, colorless, watery drainage from your ear or nose, call our office immediately.

**FOLLOW-UP VISIT-** Unless instructed otherwise, please be sure to call the doctor's office for an appointment to see him in 7-10 days after surgery. It is extremely important to come in for your post-operative appointments.

**GLASSES-** If you wear eye glasses, please remove the arm on the operated side so it does not contact the incision or affect blood flow to the ear. You may wear contact lenses.

**HEARING-** If you have had surgery to improve hearing, do not be alarmed if your hearing does not improve immediately after surgery. Your hearing is evaluated 6-8 weeks after surgery.

**INFECTION-** Should your ear become increasingly painful, swollen, or reddened, please contact our office within 24 hours.

**LIFTING-** Do not attempt heavy lifting (over 25lbs) or bending over for 6 weeks after surgery.

**MEDICATIONS-** The doctor may give you one or two prescriptions at the time of your ear surgery. The pain medication is to be taken as needed in the post-operative period.

**NOISES-** Fullness or stuffiness in the ear, popping sounds, and fluctuating hearing may occur during the healing period after ear surgery.

**SLEEPING-** Sleep and rest with your head elevated on at least 2-3 pillows with your operated ear up to minimize swelling.

**SMOKING-** Smoking can seriously adversely affect healing. It must be strictly and completely avoided for 2 weeks before and 3 weeks after ear surgery. Please inform the doctor if you are unable to comply with this.

**TRAVEL-** Air travel should be avoided for 4 weeks after surgery.

**WASHING- DO NOT** get water in your ear if you have had any Tympanoplasty surgery. You may shower and wash your hair 2 days after surgery. Place a fresh cotton ball in the ear and cover it with antibiotic ointment during your shower. If you wish you may clean behind the ear gently with soap and water. DO NOT use any ear plugs after Tympanoplasty surgery as this can pressurize the ear and ruin a newly grafted eardrum. Ask the doctor when you can start using your ear plugs again.

**WORK-** Avoid undue exposure or fatigue as it might predispose you to a cold which can adversely affect your healing.