

Instructions to Patients Following an Ear Operation



Ear, Nose & Throat *SpecialtyCare*

**Minneapolis • St. Paul
Burnsville • Coon Rapids • Edina
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PLAN AHEAD:

Medication refills, including pain medicine,
must be requested during clinic hours
Monday - Friday, 9 am - 5 pm.

Your appointment should be
_____ days/weeks from
your surgery date.

INSTRUCTIONS TO PATIENTS FOLLOWING AN EAR OPERATION

Ear Surgery is very delicate work. Healing is usually predictable and uncomplicated. To insure the best results possible, please follow these simple guidelines:

I. Precautions to be observed:

- A. No water in the operated ear.
 - 1. Do not wash hair for _____ days after surgery.
 - 2. To avoid water in your ear, place cotton in the outer ear and cover this with Vaseline.
 - 3. No swimming.
 - 4. You will be notified when water precautions may be discontinued.
- B. Do not blow your nose for _____ days following surgery. Gentle "sniffing" is permitted.
- C. If you sneeze, do so only with your mouth open. Do not stifle the sneeze.
- D. Restrict activity
 - 1. Avoid heavy lifting, bending or strenuous activity. No contact sports for _____ weeks.
 - 2. You may engage in light activity (walking, deskwork, etc.) whenever you feel like it.
 - 3. You may drive a car if you experience no dizziness.
 - 4. Do not fly for _____ weeks.
 - 5. If you have had a stapes operation, please avoid the following:
 - a. Scuba diving
 - b. High diving
 - c. Surfing
 - d. Wrestling and/or boxing

II. Medication

- A. Upon discharge, you may receive an antibiotic prescription. Take the medicine as directed (instructions will be on the bottle) until all the medicine is gone.
- B. Pain medications will be provided.

III. Dressings and Suture Removal

- A. If stitches have been placed, they are usually removed approximately one week following surgery.
- B. If you have cotton and/or a bandaid, you may change the cotton in the canal whenever necessary. Some drainage - often bloody - is normal and to be expected - Do Not Worry.
- C. If you have a big ear/head bandage, please leave it in place until your office appointment or as directed by your physician.

IV. Hearing

- A. Hearing will be poor as long as there is packing in your ear.
- B. After the packing is removed, it will take some time before the final hearing level is established. The hearing will vary with the extent of the disease before surgery and the type of surgical procedures performed.

- V. Following surgery, please call immediately if you experience any of the following:
- A. Severe dizziness.
 - B. Nausea and vomiting.
 - C. Fever (temperature greater than or equal to 101° F):
 - D. Constant or worsening head pain (mild "shooting" pains during the first 4-6 weeks following surgery are NOT worrisome or unusual).

**PLEASE CALL IMMEDIATELY
TO MAKE AN APPOINTMENT
WITH YOUR PHYSICIAN.**

VI. **Post Operative Appointments**

- 1 day after surgery and,

- 1 week after surgery and,

- 3 weeks after surgery and,

- 2-3 wks after surgery and,

- 3 wks after surgery and,

- 6 wks after surgery
