

Ear Surgery

Pre-Procedure Care Instructions

Understanding your procedure.

You or your child has been scheduled for Ear Surgery with ENT Specialty Care. We have gathered some helpful patient information for you to review both before and after your procedure. If for any reason you need to reschedule your surgery, please call our office right away.

What is Ear Surgery?

Ear Surgery is a broad category of operations covering procedures done to either the inner or outer parts of the ear. Ear surgery is very delicate work, but healing is usually predictable and uncomplicated.

How is the procedure performed?

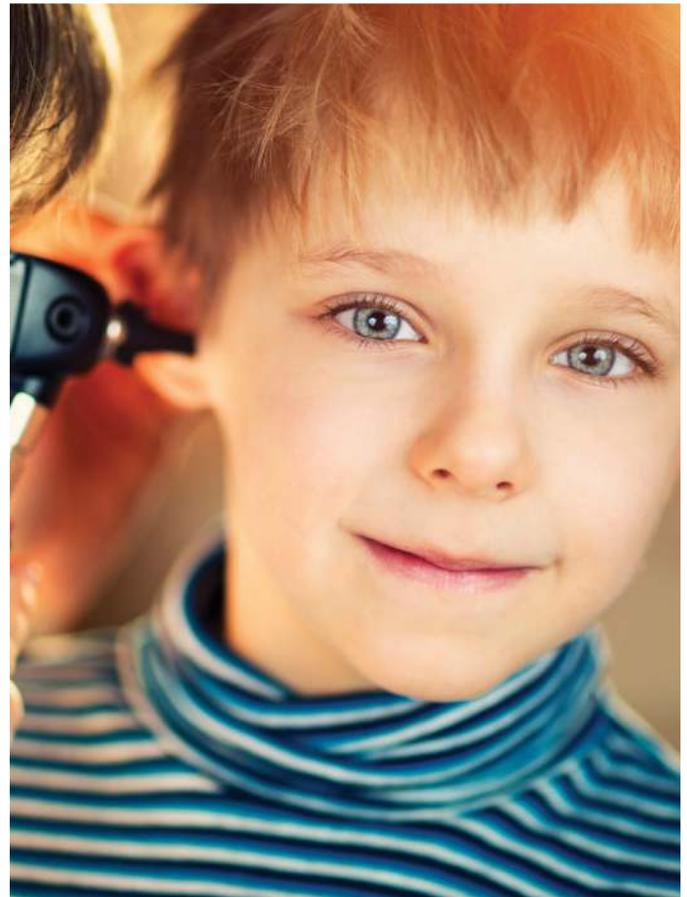
These procedures are done in a surgical setting using general anesthesia to help keep you comfortable.

Why are they done?

Ear operations can be performed for any number of reasons spanning from chronic ear disease or infection to significant hearing loss. Some of these conditions and procedures include Mastoidectomy, Stapedectomy, Tympanoplasty with Ossicular Reconstruction, Otoplasty, Removal of Osteomas, Canalplasty, Outer Ear Surgery, and placement of Cochlear Implants and Bone Anchored Hearing Aids (BAHAs).

How to Prepare for Your Procedure

Because your procedure will require anesthesia, it is very important to follow these instructions to prepare for your surgery in the method that fits your age category. Coming into your surgical appointment with an empty stomach is required for a safe and successful procedure. Do not take any pain medication (including for arthritis) except Tylenol for 2 weeks before your surgery. Discuss your current prescriptions with your doctor at least 2 weeks prior to surgery. Please note that we recommend not washing your hair after your surgery for a number of days in order to keep the surgical area perfectly dry.



***For Infants and Babies up to Age 1:***

- Starting 2 hours before scheduled surgery time, absolutely nothing by mouth
- Up to 2 hours before surgery, may have glucose water
- Up to 4 hours before surgery, may have breastmilk or formula
- Up to 6 hours before surgery, may have solid foods
- No pain medication other than Tylenol for 2 weeks before and after procedure

For Children Ages 1-5:

- Starting 4 hours before scheduled surgery time, absolutely nothing by mouth
- Up to 4 hours before surgery, may have clear liquids (water, apple juice, etc.)
- Up to 6 hours before surgery, may have solid foods
- No pain medication other than Tylenol for 2 weeks before and after procedure

For Adults and Children Ages 6+:

- Starting 6 hours before scheduled surgery time, absolutely nothing by mouth
- Up to 6 hours before surgery, may have clear liquids (water, tea, apple juice, black coffee with no cream, etc.)
- Up to 8 hours before surgery, may have solid foods
- No aspirin or pain medication other than Tylenol for 2 weeks before and after procedure

For All Ages—Only Tylenol for 2 weeks before and after surgery.

This means no Aspirin or Aspirin-containing medicines, including AlkaSeltzer, Anacin, Ascriptin, BC, Bufferin, Cheracol Capsules, Cope, Coricidin, Darvon Compound, Firoinat, Dristan, Empirin, Excedrin, Midol, Sine-Aid, Sine-Off, Percodan, Naprosyn, Motrin, Clinoril, Stendin, Tramancin, Vanquish, and many others. If in doubt, please check with us. Please inquire about other prescription medications you are currently on. *If for any reason you need to reschedule your surgery, please call us right away.*

Day of Surgery

Your procedure time will include the use of anesthetics to keep you comfortable during surgery. Once those effects wear off, you'll be able to go home and follow our guidelines for enhancing your recovery, which will be provided to you in a separate handout. Adult patients should arrange to have someone else with to drive them to and from their surgery.

Ear Surgery

Post-Procedure Care Instructions

Follow-up Care

Please call immediately to make a follow-up appointment with your physician. In most cases, we will want to see you as soon as 24 hours after your surgery, but sometimes not for 5 to 10 days after your procedure. After your first visit, your doctor will determine what additional visits are necessary and help you get them scheduled.

When to Call

Call right away if you have any questions or concerns—we want you to feel comfortable contacting us anytime throughout your recovery period, especially if you experience the following:

- Severe and persistent dizziness
- Extreme ear pain
- Increase in ear drainage that becomes yellow or odorous (some blood-tinge is normal)
- Facial muscle weakness
- Nausea and vomiting
- Fever of 101°F or higher
- Constant or worsening head pain (beyond the expected mild “shooting” pains during the first 4-6 weeks following surgery)

Call **612.871.1144** Monday through Friday from 9:00 a.m. until 5:00 p.m. with any concerns. Our answering service will contact the on-call provider for urgent after-hours needs. Remember, you can also seek care at urgent care or an emergency room. Call 911 in case of an emergency.

Following your Procedure

You will be able to go home once the immediate effects of your anesthesia wear off. To enhance your recovery, please follow these guidelines. Everything you need to know should be covered here, but please contact us if you have any further concerns. Expect to spend several days letting your body rest, heal, and recover.





10 Tips for Enhanced Recovery

- 1.** Depending on the amount of drainage, replace cotton in the outer ear as often as necessary. You'll experience drainage for about 3 to 4 weeks, which is normal. However, if it becomes yellow or has an odor, please call your doctor right away. If you have a large ear or head bandage after surgery, please leave it in place until your first office appointment or as directed by your doctor.
- 2.** No water in the ear until okayed by your doctor. To keep the ear dry, do not wash your hair for a number of days after your surgery. When you do need to wash your hair or your face around the ear, place a clean cotton ball in the outer ear and gently add a thin layer of Vaseline to the outside of the cotton ball to prevent it from soaking up any splashed water. No swimming is advised.
- 3.** If you have stitches, clean them daily with peroxide. Before showering or bathing, apply ointment to the stitches to help keep them dry.
- 4.** Don't blow your nose for a number of weeks after your surgery. Gentle "sniffing" is okay. If you sneeze, only do so with your mouth open and do not stifle the sneeze.
- 5.** If you are not feeling dizzy, you may engage in light activity, such as walking, deskwork, or driving. You may fly in a pressurized airplane 24 hours after surgery if your doctor approves.
- 6.** Restrict your activity in the following ways:
 - Avoid heavy lifting, bending, or strenuous activity for about a week.
 - Heavy exercise or straining should be avoided for 3 weeks.
 - No contact sports for a number of weeks.
 - If you had a Stapes operation, avoid scuba diving, high diving, surfing, wrestling, and boxing.
- 7.** Until your ear is cleaned at your follow-up exam, do not expect any hearing improvement. Your hearing outcome will vary depending on the extent of any pre-surgical disease or condition and the type of operations performed. Initially, expect your hearing to be poor. After the packing is removed and healing continues, it will still take some time before your true level of hearing is known.
- 8.** After your surgery, pain medications will be provided. We recommend using acetaminophen (Tylenol) to control pain levels at home. If you've been prescribed an antibiotic medication after your surgery, please begin taking it as directed and finish all doses.
- 9.** Remember, it is normal to experience some popping or crackling noise in your ear. Mild dizziness that improves daily is also normal.
- 10.** If you are on other prescription medications, please check with your doctor as to when to resume taking them.