

Post-Operative Instructions Care After Ear Surgery

1. Keep the operated upon ear dry until instructed by your doctor. This means no swimming. You can gently place a cotton ball lightly coated with Vaseline into the ear during showers to help keep the ear dry. If you have an incision behind your ear, your surgeon will tell you when that area can be exposed to water.
2. **Activities:** decreased until follow-up office visit one month after surgery. Typical restrictions include:
 - No nose blowing.
 - Open mouth sneezing.
 - No heavy lifting or strenuous activity
 - No flying for at least 2 weeks.
3. **Wound Care:**
 - a) If you have a large wrap around your head, this can be removed 24 hours after surgery. You typically have incisions in your ear canal and along the skin behind your ear. If skin glue is used, no skin care will be needed. If glue was not used, your surgeon will explain how to take care of the wound behind the ear.
 - b) You can place a cotton ball gently into the ear canal opening. This can be changed as needed. Expect some bloody drainage on the cotton ball for several days.
4. **Medications:** You may be prescribed pain medicine and antibiotics. Please follow the directions on the prescriptions.
5. **Diet:** Regular
6. **Expected symptoms:** Some patients may experience a metallic taste from their tongue after ear surgery. This is usually temporary and related to manipulation of the chorda tympani nerve.

Another temporary sensation is dizziness – this usually lasts for one or 2 days. If this persists, please let your surgeon know right away.

Finally, all patients will have muffled hearing in the ear that had surgery. Resorbable packing is placed in the middle ear and ear canal in most surgeries. Furthermore, these chambers will have blood in them as well. This will block normal hearing until the body resorbs the blood and packing. Resorption may take a few months. Once complete, the patient will then realize their final hearing status.

7. Follow-up visit is usually a few weeks to one month after surgery. You may be prescribed antibiotic ear drops to use before the first follow-up visit. Start these as instructed by your doctor.
8. Call our office if the patient has a temperature over 103°F, excessive bleeding, severe pain, or swelling.