

Ear, Nose, & Throat Medical Associates, PA
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POST OPERATIVE INSTRUCTIONS MAJOR EAR SURGERY

1. *Keep water out of the affected ear until you are told that it is safe to do otherwise. This is best done by placing a cotton ball saturated with petroleum jelly (Vaseline) in the ear canal before water contact.*
2. *There may be "packing" in your ear. The packing may drain a reddish or brownish fluid or even a little blood for several days. If the drainage is yellow, green, or has a foul odor, these are signs of infection and you need to notify the physician. If the drainage is continuous and clear, like water, you need to notify the physician also. You may keep a clean cotton ball on the outside of the ear to absorb the drainage. Change this as needed. If small pieces of packing fall out on their own, this is normal and is nothing to be alarmed about. The packing will be removed in the office at your first post operative visit.*
3. *If there is an incision behind your ear, you should avoid soaking this with water, although it is less critical than the ear canal. If you have sutures that need to be removed this will be done also on your first post operative visit. It is not necessary to wear a bandage but you may apply antibiotic ointments to this incision (Bacitracin). You may experience reddish, brownish or even bloody fluid for several days coming from the incision behind the ear. This is normal and you may wear a bandage to prevent soiling your clothes. If the incision is crusty a moist wash cloth or cotton swab with peroxide will clean it nicely.*
4. *There are few restrictions on your activity and none on your diet. Your body is the best judge of when you are ready for normal activity and work but, you should avoid contact (jarring) sports or heavy lifting (greater than 25 lbs.) for one month. Avoid sneezing with your mouth closed and vigorous nose blowing. Don't swim until you are told it is safe to wet the ear. Driving, operating heavy machinery, and climbing should be avoided until your equilibrium returns. If your equilibrium has been affected it may take from hours to weeks to recover depending on your individual condition and the type of surgery performed. This was discussed on your pro-op office visit.*
5. *Most commonly you will be prescribed Tylenol with Codeine or Percocet for pain to use as needed. Lots of times Tylenol or Motrin will suffice. Antibiotics are used to prevent infection and these should be taken until all is gone. These medicines should be taken in addition to your regular daily medicines.*
6. *Call the office for a follow up appointment to be seen generally at 7-10 days post operative.*
7. *If you have any questions or concerns please phone the office.*