



POST-OPERATIVE INSTRUCTIONS FOLLOWING EAR SURGERY

- At the completion of your surgery in the operating room, while you are still asleep, a head dressing or bandage may be placed. This should be left on for the first night after surgery, however can be removed on the first day following surgery.
- There may be some tape or steri-strips on the skin behind the ear if an incision was made. This tape should be left in place until you see your doctor for follow up in one week. If it starts to lift up, it can be trimmed carefully with a small pair of scissors.
- If surgery was performed in the ear canal, there will be a cotton ball in the bowl of the ear. This can be removed and replaced with a clean ball of cotton. There may be pieces of packing in the ear canal behind the cotton ball. Please do not remove these. It is normal for some bleeding to occur from the ear after surgery. It will usually stop within a few days. Change the cotton ball as needed if bleeding occurs. If there is no bleeding, the ear can be left open to the air. If you were given a prescription for ear drops, please use as prescribed (usually starting the day after surgery).
- You may shower on the first day after surgery. The tape behind the ear can get wet. However, it is important that you do not rub the area of the incision; simply pat it dry. Keep water out of the ear canal by placing a ball of cotton soaked in Vaseline in the ear when you shower. You may also cover the ear with a Styrofoam cup if you wish to keep the ear canal dry.
- It is common for patients to have some dizziness after their ear surgery. This should slowly improve over several days. Gravol will help treat nausea if required.
- You should avoid heavy lifting or straining for a minimum of one week after surgery. Do not blow your nose for two weeks. If sneezing occurs, do not pinch or cover your nose and sneeze with your mouth open.
- Do not drive if you are using narcotic pain medications (Tylenol #3, etc) as they will make you slow to respond in an emergency situation.
- It is best not to fly for 6 weeks after ear surgery. Notify your surgeon if you must fly early.
- Your surgeon can be reached during office hours for urgent situations. After hours (emergencies only), please attend your nearest emergency department and follow up with the office upon discharge.