



Ear Surgery Post-Op Instructions

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Diet

In the immediate post-operative period, the patient may experience some vertigo, nausea or vomiting. It is therefore preferable to stick to a liquid diet or a light, bland meal. A regular diet may be resumed the day after surgery.

Wound Care

The operated ear is usually packed. It will feel clogged and you may hear crackling sounds. On the side of the operated ear, the temple and the region around the orbit (eye) may become a little swollen.

If you have a dressing wrapped around the head or sutured behind the ear, please keep that dressing dry and avoid water at any cost. In general, the dressing is removed a couple of days after the surgery. If you have a cotton ball in the ear, change it when it gets soaked and replace it with a clean cotton ball. It is not necessary to use a band-aid or adhesive tape to hold the cotton ball. Use a little antibiotic ointment to make the cotton ball stick.

Do not allow any water to enter the operated ear. Protect the ear when showering or washing the hair with a cotton ball coated with Vaseline. When finished washing, remove the coated cotton, wipe the ear with a soft paper tissue and place a clean, dry cotton ball in the ear. A little antibiotic ointment may help the cotton ball stick and stay in place. A shower cap provides extra protection.

Thick, dark or bloody ear drainage is expected during the first week after surgery. You may clean the crusting from the outer part of the ear with peroxide and a cotton swab. Replace the cotton ball in the ear with a clean, dry piece when the current one is soaked. Occasionally, you may see brown or dark red pieces of packing (Gelfoam) extruding from the ear canal.

Medications

Antibiotics are usually prescribed; please take them as directed until they are all gone.

You may take pain medication as needed. Pain medications cause drowsiness, somnolence, nausea and constipation. Please refrain from driving, operating machinery or making important decisions when taking painkillers.

Contact our office and report any

- Excessive headache, severe attacks of dizziness or vertigo or intractable vomiting
- Temperature above 102 °F.
- Facial paralysis (inability to close the eye and crooked smile like in Bell's Palsy)

Follow-up

If you have a wrap-around dressing or a dressing sutured behind the ear, please make an appointment two to three days following surgery to have it removed.