

EAR SURGERY POST-OP INSTRUCTIONS:

- Activity:
 - DO NOT BLOW YOUR NOSE FOR 3 WEEKS. If you need to sneeze, keep your mouth open.
 - Avoid using straws for thick liquids for 3 weeks. Thins liquids with a straw are okay.
 - Do not put anything in your ear canal except the prescribed ear drops. No Q-tips.
 - No straining, strenuous exercise, or heavy lifting (over 10 lbs) for 1 week.
 - No smoking for 3 weeks. If you smoke, consider quitting.
 - Keep water out of your ear until your follow-up appointment.
 - You may shower the day after surgery but DO NOT ALLOW WATER INTO THE EAR CANAL. Use a cotton ball covered with Vaseline to keep water out when bathing.
- Dressings:
 - Remove the dressing the day after surgery.
 - Once removed, replace the cotton ball in your ear as needed for drainage.
 - If you have an incision behind your ear, clean it daily with soap and water. Apply Vaseline or antibiotic ointment after cleaning.
- Expectations:
 - Bloody drainage from the ear is common. Call the office if discharge from the ear lasts longer than 21 days, develops an odor, or turns yellow/green.
 - If you have an incision behind your ear, there may be bloody discharge from it for up to 10 days after surgery. If this persists beyond 10 days or increases in quantity, call the office.
 - Popping sounds and fullness in the ear are normal during healing.
 - Hearing may be muffled, and your voice may echo in your ear for 8–12 weeks. Unless a two-stage surgery is planned, hearing is usually checked about 15 weeks after surgery.
 - Minor swelling or bruising near the eye or mouth is common due to the facial nerve monitor.
- Medications:
 - Antibiotics: If prescribed, take starting in the evening after surgery.
 - Antiemetics: Use as needed for nausea or vomiting.
 - Pain: Use Tylenol for mild pain. Ibuprofen is also allowed. For pain that is uncontrolled with this regimen, use the prescribed narcotic pain medication.
 - Ear drops: Start ofloxacin drops 1 week before your post-op appointment (about 2 weeks after surgery). Continue until your visit.