

EAR SURGERY POST-OP INSTRUCTIONS

Patient Instructions Following Ear Surgery

1. If you have a head-wrap bandage, leave on for 24 hours. It is normal to see some bloody discharge around or on the gauze.
2. The following morning, remove the bandage or cup layer by layer. Be careful to leave in place any tape or Band-Aid that may be left behind the ear (if you have these). These may fall off on their own once you start showering.
3. Remove the cotton ball that is in your ear, and replace it with a new one.
 - a. **If there are yellow gauze strips and/or plastic sheeting in the ear canal, be sure to leave these in place when changing the cotton ball.** If these come out, please call the office for instructions.
4. If possible sleep with your head elevated about 30 degrees. Sleep either on your back or with the operated ear up.
5. Keep the inside of the ear completely dry until your follow up appointment.
6. You may start showering and washing your hair after 2 days, but you will still need to protect the inside of the ear from water. This can be done with a small piece of cotton coated with Vaseline petroleum jelly. Please do not submerge your head under water. Remove this cotton ball after showering and replace with a fresh dry one.
 - a. Alternatively you can use a dry, powder wash.
7. Avoid lifting anything heavier than 10-20lbs or any activity that transmits vibrations to the ear (jumping, running, etc.) until you are cleared.

Some Things You Can Experience After Surgery

1. Jaw discomfort, ear pressure, occasional jabbing pains in the ear, popping, pulsation, clicking and other sounds in the ear (Your tinnitus might even get worse). At times it may feel as if there is liquid in the ear.
2. A change in taste, and mild headaches are also normal.
3. If you had some dizziness when you left the hospital, this should slowly improve over time. Minor amounts of dizziness with head motion may be present after the operation. If you have worsening dizziness or pain please call the office to speak with Dr. Leach.
4. Hearing will usually be worse immediately after surgery, even if the surgery was intended to improve hearing. This is due to swelling of the ear tissues and packing in the ear. It can take up to 6-8 weeks after surgery to notice an improvement. Maximal improvement may require 4-6 months.

If you experience foul smelling or yellow-green discharge call the office for instructions.

Further Instructions: _____

Instructions received with understanding: _____
(Signature of responsible adult)

Signature RN _____ Date/ Time _____