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Post Operative Instructions for Ear Surgery

Expected Signs and Symptoms

- Expect to be tired during the first week
- Expect small amount of drainage from ear, sometimes bloody
- Expect small amount of dizziness- avoid sudden head movements
- Expect ear noise- such as ringing, clicking, and popping
- Improved hearing is not expected in the immediate post-op period due to swelling and packing placed in surgery

Unexpected Signs and Symptoms

- Report to our office if you have any of these
- Persistent fever over 100° F
- Any flow of bright red blood or clots
- Any signs of infection
 - Sudden increase in pain or swelling around ear
 - Foul smelling drainage from ear
 - Localized heat or redness

Activity

- Avoid any strenuous activity for at least 2 weeks
- Avoid sudden movements; all activity should be done at a slow pace
- Bedrest is not necessary but you should plan to take daily naps
- You may go out for short periods of time but rest when fatigued

Diet

- There are no dietary restrictions but be sure to drink plenty of fluids

Post Operative Care of Ears

- Avoid blowing your nose- rather blot secretions with a tissue
- If sneezing develops, sneeze with mouth open. Do not suppress sneezing.
- There is packing deep in the ear canal which should not be disturbed
- A clean cotton plug should be placed in the ear canal daily until first office visit. You may change the cotton if it becomes wet or dirty, but Never remove any cotton which you have not placed.
- If surgery requires a skin incision behind your ear, the sutures must be kept coated with an antibiotic ointment, like Neosporin or Bactiracin, available without prescription from your pharmacy.
- When bathing, you must protect the ear canal from water. Place a clean cotton plug dipped in Vaseline into the ear canal when showering