



## POSTOPERATIVE CARE OF THE PATIENT FOLLOWING EAR SURGERY

### **Activity**

The patient should avoid exercise, bending, stooping or lifting anything heavier than five pounds until the physician releases them to do so.

It is not unusual to experience some unsteadiness following ear surgery, so the patient should refrain from driving or operating machinery until given permission by the physician.

### **Care**

Keep the operative ear dry (use an earplug, cotton ball coated with Vaseline®, etc.).

Sutures may be present over the ear, behind the ear or in the earlobe. Pat these dry after shampooing or bathing.

Packing that is in the ear canal should be left alone. If it does begin to come out, cut off the excess, but DO NOT attempt to replace the packing.

Do not blow the nose. Sniffing gently is permissible.

Sneeze with the mouth open to avoid excess pressure on the ears.

### **Pain**

Pain is usually mild-to-moderate, and frequently Tylenol is sufficient. The physician may give prescription pain medicine at their discretion.

### **Problems**

You should report violent dizziness, extreme nausea and vomiting, sudden decreased hearing, severe head pain, temperature 101 degrees or greater, paralysis of the face or ear drainage immediately.

**Please contact our office at 478-743-8953 if you have any questions or concerns.**