



Postoperative Care Instructions for Patient Following Ear Surgery

Medications

- Alternate Tylenol (acetaminophen) 500mg and prescribed narcotic pain medication every 3 hours.
- If no narcotic is given, or you prefer not to take the narcotic you can alternate Tylenol (acetaminophen) 500mg with Motrin 600mg every 3 hours.
- Resume all other medications unless otherwise noted.

Activity

- **For 24 hours:** Limit your activity for the next 24 hours and get plenty of rest.
- **For 1 week:** No heavy lifting or pushing, active sports, strenuous exercise, or heavy household work. Objects that cannot be lifted with one hand are considered too heavy. You may walk and do light household activities.
- 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.
- You may plan to return to work in 1-2 weeks, or as instructed.

Diet

- Diet as tolerated, unless instructed otherwise.
- Drink plenty of fluids.

Wound Care

- Keep operative ear dry (earplug or cotton ball coated with Vaseline)
- Sutures may be present over the ear, behind the ear, or in the earlobe. Do not scrub incision. Pat these dry after 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 until follow up. Sniffing gently is permissible.
- Sneeze with the mouth open to avoid excess pressure on the ears.
- If you use CPAP for Sleep Apnea, stop using this until cleared by your physician.

Call your doctor (or go to the emergency room) if you have.

Violent dizziness, extreme nausea and vomiting, sudden decreased hearing, severe head pain, temperature 101 or greater, paralysis of the face, or ear drainage should be reported immediately.

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

Please attempt to contact our office first so that we may advise you appropriately. If for any reason, you are unable to reach our office or your surgeon in an emergency, please go to the nearest emergency room.