

The Ear, Nose and Throat Surgical Associates

Post-Operative Instructions For Patients Undergoing Chronic Ear, Middle Ear, or Tympanoplasty with or without Mastoidectomy

1. Remove mastoid dressing the morning after surgery and leave it off.
2. Beginning one day after surgery, try to leave the cotton out of your ear as much as possible unless there is significant drainage. The discharge from your ear is usually bloody. Discharge is common for several days for mastoid cavities.
3. Some drainage from your ear canal may occur after surgery. If there is a separate incision, some drainage may occur from this area also. If the drainage is profuse or develops a foul odor, call the office.
4. Do not remove the packing in the ear canal. Your surgeon will remove the outer ear canal packing at your first visit and the deeper packing at your second visit.
5. Start ear drops, if prescribed, the morning after surgery.
6. Keep your ear elevated as much as possible for one week. Sleep and rest on two to three pillows if possible.
7. You may wash your hair 3 days after surgery but do not get water in your ear canal. If showering or washing your hair, place a piece of cotton coated in Vaseline in the ear canal to seal it.
8. Most patients will have glue behind the ear rather than stitches.
9. If you wear glasses, either remove the arm on the operated side or make certain that it does not rest on the incision behind your ear for one week.
10. **DO NOT** blow your nose for three weeks following surgery. If you sneeze or cough, do so with your mouth open.
11. Avoid any heavy lifting (over 10 lbs.), straining or bending for four weeks following surgery.
12. Popping sounds, a plugged sensation, ringing, or fluctuating hearing may be noticed in the ear during the healing.
13. Avoid travel by air for four to six weeks following surgery.
14. If you should notice any swelling, redness, or excessive pain, please call the office.
15. Some dizziness may occur after surgery. If it becomes severe or is associated with nausea or vomiting, call the office.
16. Please call the office to make an appointment to be seen 10-14 days after the time of your surgery unless stated otherwise by your physician.
17. Should any problems or questions arise, please call the office.