



EAR SURGERY DISCHARGE INSTRUCTIONS

FOLLOW UP CARE

- Dome-like dressing needs to stay on the night of surgery and can be removed the next day
- Muffled hearing can last for 4 - 8 weeks
- Ear drainage is possible and can be bloody. This is normal.
- Keep water out of ears until follow up appointment. When bathing, cover one side of a cotton ball with Vaseline and place the dry side in the ear canal.
- Dizziness is possible
- Nausea and vomiting are possible
- It is common to have a strange taste in your mouth, this should resolve in 1-2 months
- DO NOT blow your nose for 2 weeks
- Open your mouth to sneeze
- If a follow up appointment was not made the day of surgery, please call the office to make one

OPERATIVE SITE

- If you have an incision behind the ear, clean twice a day with hydrogen peroxide and apply bacitracin ointment
- You may get the incision behind the ear wet the day after surgery, but continue to keep ear canal dry

ACTIVITY

- Do not drive for 24 hours
- No heavy lifting or strenuous activity for 2 weeks
- No air travel or scuba diving for 8 weeks

DIET

- Resume previous diet as tolerated

MEDICATIONS

- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.

PROBLEMS TO WATCH FOR

- Fever over 101.4
- Uncontrolled nausea/vomiting
- Increased swelling, redness, or drainage at incision site

Call your doctor with ANY problems that concern you: Phone # **(843) 766-7103**. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

Patient/Responsible Party

Nurse Signature