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HEAD AND NECK SURGERY

PEDIATRIC AND ADULT
EAR, NOSE & THROAT

POSTOPERATIVE INSTRUCTIONS EAR SURGERY

1. **DO NOT** allow any water to enter the operated ear. Protect the ear during showering or washing the hair with a piece of cotton coated with Vaseline. When finished washing, remove the coated cotton and replace with a clean, dry piece of cotton. A shower cap provides extra protection.
2. Thick, dark (bloody) drainage is normal from the operated ear during the first week after surgery. You may clean the crusting from the **OUTER** part of the ear with peroxide and Q-tips. Change the cotton in the ear with a clean, dry piece when the current one is soiled.
3. **DO NOT** blow your nose for at least two weeks from the day of surgery. This places excess pressure on the operated ear.
4. If you have to sneeze, please do it with your mouth wide open to avoid excess pressure on your ear.
5. When sleeping, try to keep the operated ear facing upward off of the pillow.
6. If antibiotics are prescribed, please take them as directed until they are all gone. You may take pain medication as needed.
7. Contact our office or other physician performing your follow-up care for an appointment for one week from hospital discharge.
8. Contact our office and report any:
excessive pain
temperature above 101 degrees
redness, swelling, or pus around the ear
severe attacks of dizziness