

Ear Surgery Postoperative Instructions

Special Instructions

- If a protective bandage has been applied, you may remove it the day after surgery.
- Sutures or Steri-Strips may be removed in the office.
- Change the cotton ball in the ear canal at least daily and use ear drops if so instructed.
- Keep the ear dry until the follow up visit.
- Hair may be washed, but keep the ear canal dry by using a cotton ball covered in antibiotic ointment or Vaseline®.
- Do not drive if you are taking narcotic pain medication or medication for dizziness.

Medication

- Tylenol®, Motrin® or prescribed pain medication may be used as needed.
- Use ear drops or apply Bacitracin® ointment to the incision behind the ear, if instructed by your surgeon.
- Take antibiotics by mouth if prescribed by your surgeon.

Activity

- Avoid strenuous activity for at least 3 weeks after surgery.
- Avoid flying for at least 3 weeks after surgery. Discuss with your surgeon when it is OK to fly.
- Dry ear precautions until cleared by your surgeon.
- Avoid hard nose blowing for 3 weeks after surgery.

Diet

- No restrictions.

Postoperative Follow-up Appointment

- One to four weeks as instructed by your surgeon.
- Call 636.441.3100 should you need to reschedule or confirm your appointment time.

What to Expect

- Mild to moderate pain with some swelling.
- Drainage that may be bloody or contain small pieces of the absorbable ear canal packing.
- Decreased hearing that will take several weeks to improve.
- Low grade fever will sometimes follow general anesthesia for the first three days.

When to Call

- Call the office at 636.441.3100 during routine hours for questions, concerns or medication refill requests. Please remember that pain medications will only be refilled during regular office hours.
- After-hours and weekend calls should be limited to urgent and emergent issues such as the following:
 - Excessive bleeding
 - Adverse reactions to prescribed medications, such as rash or vomiting
 - Fever >101.4° that does not respond to Tylenol® or Motrin®.
- Should you choose or be instructed to go the ER for any reason, we ask that you go to either St. Joseph Hospital-Lake St. Louis or Barnes-Jewish St. Peters Hospital.