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Ear Surgery Home Care Instructions

What to Expect

- If you have had surgery to improve your hearing, do not be concerned if your hearing does not progress during the first 6-12 weeks. Your ear must have time to heal before you can expect hearing improvement.
- You may notice a “full” sensation or popping sounds in your ear while it heals- this is normal and it will stop on its own.

Precautions

- **DO NOT BLOW NOSE FOR 3 WEEKS FOLLOWING SURGERY.** Instead, sniff back any mucous that has accumulated in your nose and spit it out. If you must sneeze or cough, do so with your mouth open.
- Do not forcefully pop your ears. (i.e. blowing up balloons and straining)
- Avoid getting too tired. Stay warm in the winter and cool in the summer. Stay away from crowds.

Medication/Ear Care

- Keep water out of your ear until it is healed. You may shampoo your hair 3 days after surgery providing that the ear canal is sealed with a cotton ball. To secure the cotton ball, you may dab it in petroleum jelly to hold it in place.
- If you have a plastic bubble dressing on your ear, remove it the morning after surgery. Also, replace the cotton in your ear with a fresh cotton ball.
- Change the cotton in your ear three times a day. You may change it more often if it becomes moist or feels wet.
- For tympanoplasty and mastoidectomy patients, ear drops may be prescribed by your physician. Be sure to use the drops twice a day.
- If pain medication is prescribed, take as directed. If the stronger pain medication is not needed, you may switch to Tylenol. **DO NOT combine Tylenol with pain medication unless instructed by your doctor. DO NOT take any aspirin, ibuprofen or naproxen products for 2 weeks.**

Activity/Restrictions

- No heavy lifting, sports and/or exercise for 2-3 weeks.
- You should be able to return to work/school within 7-14 days or until released by physician.
- Air travel is permissible 48 hours after surgery and is preferred to automobile or train trips that are over 200 miles.

Call your doctor if

- Temperature increases over 101°
- Any discharge in your ear that lasts longer than 2 or 3 days
- Any odor that develops from your ear
- Develop leg pain after surgery