



## ***INSTRUCTIONS AFTER EAR SURGERY***

A nurse will call you between 4 PM and 7 PM the day of your surgery to check on your recovery. If you have any unusual bleeding, severe pain (not responding to pain medication) or any signs of infection, call (617) 786-7600 anytime to reach the doctor.

### **Activity:**

- Immediately after surgery you should rest for the first 48 hours.
- Stay in the company of a responsible adult for the first night.
- Commence on a light or liquid diet as tolerated as anesthesia medications can make you feel nauseous. You may want to begin with soft foods, chewing may increase your discomfort.
- You should sleep on your back with your head elevated on at least two pillows to minimize swelling. Avoid sleeping directly on the ear.
- In some cases there is temporary numbness of the ears for weeks to months after surgery due to stretching of the nerve supply. Be careful not to use a hot hair dryer during this time.
- Avoid any strenuous activity, heavy lifting or bending over (bend from the knees).

### **Dressing Care:**

- Leave the dressing in place for 48 hours. After removing the dressing you may leave the area open to air.
- After the dressing is removed you may allow the surgical site to get wet briefly while showering then pat gently dry. Do not swim or bath in water.
- You will be expected to wear a headband as much as possible for the first week. The following three weeks you can decrease to wearing the headband just at night. This support protects the ears while sleeping.

### **Medication:**

- You may take Tylenol for mild/moderate discomfort. (Be aware if the pain medication you are taking contains Tylenol. Do not take two items containing Tylenol.)
- Take prescription pain medicine as needed for more severe pain according to the instructions on your prescription.

**Please use the medication prescriptions already given to you:**

**Pain Medicine** \_\_\_\_\_

**Anti-Nausea Medicine** \_\_\_\_\_

**Follow-up:**

**Your 1<sup>st</sup> post-op visit is** \_\_\_\_\_

If a follow up appointment has not been made for you please call our office during regular business hours (8:30am to 5:00pm) at your earliest convenience.