

Ear Surgery Instructions

Post-Operative Instructions for Ear Surgery Patients

1. Each morning change the gauze packing inside the plastic ear bubble. Discontinue wearing the plastic ear bubble when the drainage has slowed down enough that a cotton ball alone is sufficient, usually after 3-7 days.
2. Shower every day but avoid getting water directly into the ear. Wear a piece of cotton covered with Vaseline while showering.
3. Call for an appointment in 5-10 days for a postop check.

WHAT'S NORMAL?

1. Popping, crackling, and other sounds are common for many weeks.
2. Lack of hearing improvement. The ear is filled with an antibiotic ointment which dampens the hearing for the first month. Maximum hearing improvement takes place over 4-12 months.
3. Bloody discharge from the ear is common for the first month.
4. Lightheadedness.

DO'S

1. Call if you experience severe pain, fever over 101 degrees, or smelly drainage from the ear.
2. REST. It takes weeks for the ear to heal properly.

DONT'S

1. Engage in any vigorous athletic activities, such as jogging or tennis, for 1 month.
2. Blow your nose vigorously to pop your ear open.
3. Clean the inside of the ear. Cleaning behind the ear is okay.
4. Drive an automobile until your balance is back to normal.