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EAR, NOSE AND THROAT HEAD AND NECK SURGERY

POST-OPERATIVE CARE

RECONSTRUCTIVE EAR SURGERY

****PLEASE SAVE THESE INSTRUCTIONS! REFER TO THEM BEFORE AND AFTER SURGERY****

DIET: You may eat a normal diet, as long as you are not nauseous. Be sure to drink plenty of fluids.

ACTIVITY: Limited activity at home for a few days. Avoid strenuous activity until approved by the Doctor. Dizziness is common after some procedures and can be aggravated by excessive activity early on. Sleep with the head elevated for a few days for comfort. Blow your nose gently and sneeze through an open mouth for three weeks to avoid transferring pressure to the ear. Do *not* allow water into the ear canal until the Doctor approves. You can get the external stitches wet after three days, in order to wash your hair. Gently pat the area dry, taking care not to soak the area.

MEDICATIONS: Take prescribed pain medication (or antibiotic, if ordered) as directed. Starting one week after surgery, use ear drops (which should be prescribed) in the operated ear, three drops twice a day to loosen the remaining packing. Tylenol or equivalent may be used for less severe pain.

DRESSING: If present, the wraparound dressing should not be removed, but may be partially slit at the forehead if too tight. It will be removed the day after surgery. The cotton ball in the ear canal should be changed as it becomes soiled. Applying antibiotic ointment to the cotton ball will prevent it from sticking to the ear canal packing. Do *not* remove any packing from the ear.

FOLLOW-UP: Weekly visits will be scheduled to check on healing and remove packing. A follow-up hearing test is usually done 4-6 weeks following surgery.

WARNING SIGNS: *Call immediately if any of the following warning signs occur:*

Vertigo or dizziness persisting beyond two days
Pus coming from surgical area
Sustained fever over 101 or chills
Pain unrelieved by medication