

EAR SURGERY

REMEMBER IT IS VERY IMPORTANT NOT TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. THIS INCLUDES COFFEE, JUICE AND WATER.

On the morning of surgery please report to L&M or Pequot Surgical Center as scheduled.

1. Pain in and around the ear is normal following surgery. It is not a sign of infection or other problem. Use the pain medication as directed. Neck pain is also common.
2. Low-grade fever is not unusual post-operatively. If the fever goes above 101.5 call the office.
3. You will usually be given an antibiotic and/or antibiotic eardrops for use after surgery. If so, use them as directed. The drops may burn and should be discontinued if they do.
4. Dizziness may occur after some ear surgery. This usually resolves within a few days.
5. Keep the ear as dry as possible. After the dressing is removed, you may clean the stitches with hydrogen peroxide followed by Neosporin ointment applied to the wound twice a day.
6. Severe bleeding after surgery is unusual. If it does occur, it is usually within the first 24 hours after the local anesthesia has worn off. Stay calm!! In most cases the bleeding is oozing that stops on its own. If the bleeding soaks through the entire dressing and continues, call the office.
7. You should keep your head elevated for about a week after the surgery. You may choose to use two pillows or to sleep in a recliner.
8. You should avoid strenuous activity post-operatively for at least a week or longer if so advised by your physician. This includes housework, heavy office work, sex and strenuous exercise.
9. Do not blow your nose. You may sniff gently. If you sneeze, try to open your mouth.
10. Do not fly in an airplane for about a week or until your physician says it is okay.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE