



EAR, NOSE, & THROAT CENTER OF THE OZARKS

Care Following Ear Surgery

After surgery of the ear and/or mastoid (bone surrounding the ear), the following is expected to occur:

- Thin bloody drainage lasting a few days.
- Fullness and dampened hearing.
- Popping, crackling, and/or clicking sounds.
- Outward protrusion of your ear.
- Mild pain or other discomfort.
- If you have an incision behind your ear, the sutures used to close this will eventually dissolve without the need for removal.

Please adhere to the following guidelines during the 3-5 weeks of recovery following surgery until your surgeon examines your ear in the clinic and provides clearance to discontinue:

- Avoid any activity that involves straining such as heavy lifting or strenuous exercise.
- If you must cough or sneeze, try to do so with your mouth open.
- Place a dry cotton ball in the ear if needed to catch bloody drainage.
- Do not blow your nose vigorously. Use salt water (saline) nasal spray if needed to gently clear bothersome nasal mucous or crusting.
- Do not swim or allow water to enter the ear. When showering, always place a cotton ball coated with petroleum jelly (Vaseline) in the ear.
- Take oral antibiotic medications immediately after surgery as prescribed by your surgeon.
- Your ear will be examined by your surgeon 3-5 weeks after surgery. If you were given a prescription for ear drops after surgery, wait to begin using these until 3-5 days before this follow-up appointment. Do not use any ear drops immediately after surgery until this point in time.

Contact your surgeon's office if you experience the following after surgery:

- Ongoing fevers (measured over 100.5).
- Severe continuous dizziness, nausea, and/or vomiting.
- Breakdown, extreme tenderness, or marked swelling of your incision site.