



## Chronic Ear Disorder Surgery (Including Stapedectomy) Post Operative Instructions

**Avoid:** **DO NOT BLOW YOUR NOSE** for three weeks after surgery. If you need to sneeze, do so with your mouth open.

Do not get water in your ear. You may shower and wash your hair 5 days after surgery but place a fresh cotton ball in the ear and cover it with a thick coating of Vaseline to waterproof the ear canal.

Avoid air travel for 3 months after surgery.

Do not attempt any heavy lifting or bending over for 3 weeks after surgery.

### General

**Instructions:** On the day after surgery, remove the dressing and cotton ball from your outer ear. **DO NOT REMOVE PACKING MATERIAL FROM YOUR INNER EAR CANAL.**

After the dressing has been removed, begin ear drops 3 times a day unless otherwise stated by your doctor.

Some drainage from your ear is expected after surgery. Use a fresh cotton ball to catch any drainage. By the 2nd day try to leave the cotton ball out of your ear to permit ventilation.

A full sensation, popping sounds, ringing and fluctuating hearing may be noticed in the ear during the healing period.

Tympanoplasty patients can not wear their hearing aid for the first 3 weeks after surgery.

**Call your Doctor:**

- If ear drainage develops a foul odor.
- Bloody or watery drainage from the incision may occur during the first 10 days following surgery. If this persists, tape a piece of gauze behind the ear and call the doctor.
- If ear becomes painful or reddened.
- Some dizziness may occur after ear surgery. Do not drive until it resolves. If it becomes severe or is associated with nausea or vomiting, contact the doctor.

**Follow Up:**

Please call University Otolaryngology at **401-885-8484** to make an appointment to be seen 7-10 days after the time of your surgery, unless stated otherwise by your surgeon.