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Otolaryngology Head and Neck Surgery

**Voice and Swallowing*

**POSTOPERATIVE INSTRUCTIONS
FOR PATIENTS UNDERGOING
CHRONIC EAR, MIDDLE EAR, OR STAPES SURGERY**

1. Do not blow your nose for one month following surgery. If you sneeze or cough, do so with mouth open.
2. Avoid air travel for one month following surgery.
3. Avoid any heavy lifting (over 10lbs.), straining, or bending for one month following surgery.
4. One day after surgery, remove the dressing and gauze covering the ear. In addition, remove the cotton ball covering the ear canal. If there is skin tape behind the ear, leave this in place.
5. If ear drops are prescribed, begin using these as directed the same day as the ear dressing is removed. Place ear drops into the ear canal opening, dropping directly onto the sponge-like packing.
6. Do not get water in your ear. If showering or washing your hair, place a piece of cotton coated in Vaseline in the ear canal to seal it from water. If there is a separate incision behind or in front of the ear, keep this dry until your first postoperative visit.
7. Keep your head elevated as much as possible. Sleep and rest with your head on two or three pillows if possible.
8. If you wear glasses, either remove the arm on the operated side or make certain that it does not rest on the incision behind your ear for one week.
9. Popping sounds, a plugged sensation, ringing, or fluctuating hearing may be noticed in the ear during the first month.
10. Try to leave the cotton out of your ear as much as possible unless there is significant drainage.
11. Some drainage from your ear canal may occur after surgery. If there is a separate incision behind the ear, some drainage may occur from there as well. If the drainage is profuse or develops a foul odor, or if you notice any swelling, redness, or excessive pain, please call the ENT clinic.
12. Some dizziness may occur after surgery. If it becomes severe or is associated with nausea and vomiting, please call the ENT Clinic.
13. Please call the ENT Clinic to make an appointment to be seen 7-10 days after your surgery, unless stated otherwise by your surgeon.
14. If you have any other questions or problems, please call the Pacific ENT Clinic at 858-755-9343

*-Adult and Pediatric-Ear, Nose and Throat-Head and Neck Surgery-Allergy-
Voice and Swallowing*

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