



POST OPERATIVE INSTRUCTIONS

EAR SURGERY

- Keep all water out of ear for 3 weeks.
- Pain and discomfort, if any, should respond to Tylenol, but you may be given a stronger pain medication for occasional use.
- The ear drops given, if any, should not be painful. If they appear to be hurting you, call the office immediately.
- There is no need to limit your diet. You should avoid demanding activity and lift no more than 10-15 pounds for 3 weeks.
- No airplane flights for 3 weeks after surgery.
- No Q-Tips or other objects to be used for ear cleaning. A clean, damp washcloth to the outer ear is all that is needed.
- Change the cotton in the ear regularly so that it is fresh and clean. Keep the incision behind the ear, if any, clean and dry. You may wash your hair on the fourth post-operative day provided you take precautions not to get water inside the ear canal.
- You may be asked to return to the office the day after surgery, if you have a large head dressing. Otherwise, your first post-operative appointment will be in 5-7 days.
- Your health and well being is of the utmost importance to us, if you have any questions or concerns please contact the office immediately.