

After Ear Surgery

- NO nose blowing x 10 days or until follow-up appointment.
- NO bending, straining or lifting x 7 days.
- Sleep with head on 2-3 pillows x 7 days.
- Tomorrow, 24 hours after surgery, remove entire ear dressing.
- Change cotton ball daily as needed for drainage, which may be bloody.
- Do not disturb any packing in the ear. It may fall out on its own, and that's OK.
- Clean behind ear incision with half diluted peroxide twice daily, and then apply Bacitracin ointment twice daily.
- May shower/bathe but must keep ear dry (cover with plastic wrap or wash cloth while washing hair). Try to avoid ear plug for the first 1-2 weeks.
- Expect dizziness and ringing in the ear for 1-4 weeks.
- Expect possible metallic taste on the side of the tongue for 2-4 weeks.
- Take pain medication as needed, and antibiotics as directed. Do not use ear drops until after first postoperative office visit.
- Follow up appointment as booked by the office.