



BEFORE SURGERY

The Day Before

Do not drink alcohol. Get a good night's sleep. Do not eat or drink anything after midnight. Arrange for transportation on the day of surgery. You will not be able to drive home. A responsible adult needs to be with you for at least 24 hours following surgery. Make sure you **know the date of your surgery.** You may need to get your blood tested before your surgery. If you do not get this done, you will not be able to have your surgery. If they have not already, **the hospital will call you** to register you for surgery.



Take **no aspirin** or aspirin products for three weeks before your surgery. If you have taken aspirin within the 10 days before the operation, **call us** and ask advice. Aspirin increases the risk of bleeding. Many cold medicines contain aspirin.

For 3 days prior to surgery, you **should not take NSAID medications** (Advil, Nuprin, Indocin, Naprosyn, Motrin, etc.) or medications that contain them. If you have questions about these medicines, ask us.

Remember to:

Arrange for transportation home and to have someone stay with you over night. **You will not be able to drive home.**

THE SURGERY

What Will Happen

You are planning to have an operation on your **Ear Drum or Mastoid.** If you do not understand why you are having this surgery, please ask us. After surgery, you can expect to wake up in the recovery room, where you will be watched carefully. You may begin drinking clear fluids as soon as you are awake and drinking is allowed.

AFTER SURGERY

General Information

Try to be calm and not overdo it for the first 2 days. For 2 weeks after surgery, **do not blow your nose, try to sneeze with an open mouth and try not to use aspirin.** If you cannot take narcotic pain medicine, ibuprofen (Motrin or Advil®) or naproxen (Aleve®) can be used. **Keep your head up (elevated)** for the first few days, especially when sleeping, to help keep swelling down.

Nausea and Vomiting

Nausea (feeling sick) and vomiting (throwing up) are common after general anesthesia (being put to sleep). This may start after you first eat or drink. **If this lasts longer than twenty-four hours, please call us** or go to the Emergency Department. Taking pain medicine with a snack and drinking plenty of liquids can help prevent nausea.



Dietary/Eating

You can eat normally.

Dizziness

Many people feel sick or dizzy after ear surgery. If you have vertigo (spinning dizziness) **for more than 6 hours after surgery, call us** because you might need different medicine. Medicine will make you more comfortable until the dizziness goes away. Besides medicine, **you can help dizziness or nausea by:**

- Moving slowly when standing up
- Turning your head slowly

Pain Control

Pain is mild to moderate after ear surgery. It should start getting better after 3 to 5 days. **Ear pain and throat pain are common after this surgery.** Pain medicine will be prescribed and should NOT be taken more often than the doctor prescribed/instructed. **If you run out of pain medicine, call us** during regular business hours. Narcotic pain medicine (like Vicodin® or Percocet®) must have a written prescription and may not be refilled outside of normal business hours.



Fever

If you have a temperature higher than 101.5 degrees F by mouth, **which does not come down with Tylenol® (acetaminophen) or pain medicine, you should call us.** Deep breathing and drinking fluids can also help to bring down the fever.



WOUND CARE

The Bandage

When you get out of surgery, you will have a bandage wrapped around your head or a Band-Aid® covering a cotton ball in your

ear. **You may remove these after 24 hours.** It is important though, to **put a new, clean cotton ball in the ear** and cover with ointment (gel). Each time you change the cotton ball, put some bacitracin (antibiotic gel) on the part of the cotton ball that goes in your ear.

The Medicine in Your Ear

When you had your surgery, the doctor filled your ear with a special antibiotic gel. It can take many weeks for all of it to melt away. If you see greasy brown or red discharge (leaking) coming out of your ear, this is just the medicine melting away. **This is normal.** It is also normal to hear popping or cracking noises as your ear gets better. Sometimes, the antibiotic gel will not come out of your ear by itself. If this is the case, the doctor will give you special drops to help melt away the medicine. If you were given drops, **start the drops 4 days before your next appointment with the doctor.**

If You Have Stitches

These are special stitches that will go away on their own as long as they are kept clean. After you take the bandage off, **gently clean the cut** behind the ear (where the stitches are) with a cotton ball soaked in hydrogen peroxide. Dry it by blotting (dabbing), not wiping, and put some antibiotic gel (like bacitracin ointment) on it. Repeat these steps 2 times every day until the stitches are gone or you have your next appointment with the doctor.

Showering/Bathing



It is very important that no water gets in your ear. It is okay to shower, but before you do, cover a cotton ball in antibiotic gel or Vaseline® and place gently in your outer ear to keep water out. Make sure to cover it with a Band-Aid® so it does not fall out. After your shower, change the cotton ball to a new, clean one in antibiotic gel. **Do not use an earplug until we say it is okay.**

MEDICATIONS

You will be prescribed pain medicine, and possibly an antibiotic. **Take pain medicine as directed** until it is no longer needed. Most pain medicine is combined with Tylenol® (acetaminophen). Do not take any more medications containing acetaminophen. Do not take tranquilizers or sleeping medication while taking the pain medicines.

If you get an antibiotic pill, this is to stop or keep an infection from happening. It will also help with pain. You should take the antibiotic until it is gone, **even if you feel like the infection is gone.**

CALL THE DOCTOR IF YOU HAVE:

- Bleeding that does not stop
- A temperature above 101.5°F
- Constant nausea or vomiting
- No ability to eat or drink

Thank you for choosing ENT Office.org. Please tell us if you have any questions or concerns.



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Patient Instructions Ear or Mastoid Surgery

