

Post Operative Instructions Following Ear Surgery

- 1. Hospitalisation.** Usually you will be admitted to hospital the morning of surgery, and go home the day after surgery. (You may stay longer if you wish). Mr. Kleid will try to contact the next-of-kin, as soon as the operation is over.
- 2. Nose Blowing.** You may blow the nose gently. Sneeze with your mouth open. You will occasionally hear crackling in the operated ear while nose-blowing or swallowing.
- 3. If you have had a stapedectomy.** There will be some giddiness for a few days, especially if moving quickly. You should gradually increase your activities each day and this will settle down. Stemetil will help.
- 4. Dressing.** For some operations, there will be a bandage for one night. After that, a simple cotton wool plug in the ear canal is all that is required. It should be changed daily, at least. Underneath this, there will be some packing which should be left alone. The ear will ooze some blood, and a soft clot may come out - don't worry! When the ear is dry, the cotton wool is not necessary.
- 5. Ear Drops.** You will usually be prescribed some antibiotic ear drops (or eye drops for your ear). Use 3 drops, twice a day. Remove the cotton wool and put the drops into the ear and then lay on your side with the operated ear upwards for one minute, then replace the cotton wool.
- 6. Hairwashing.** Do not wash your hair for 4 days after the operation. If you have a cut behind the ear it is all right to get it wet after day four. The stitches are mostly buried, and all will dissolve automatically.
- 7. No water is allowed in the ear canal.** Plug the ear with Vaseline and cotton wool, or Blu-tac, to keep the water out when bathing. Do not swim until Mr.Kleid says it's OK (usually 6 weeks).
- 8. Medications.** You may be prescribed antibiotics and Stemetil to reduce dizziness. Pain is usually only minor and should settle with PANADEINE. NO ASPIRIN-CONTAINING MEDICATION should be taken before or after the operation. If pain becomes more severe you should contact the Head Office.
- 9. Hearing.** In all operations the hearing will be worse, until the packing is removed from the ear canal. Do not worry about it, as Mr. Kleid will tell you more when you have your first appointment.
- 10. Taste.** With some ear operations the taste on that side of the tongue may be modified for a few months (the nerve for taste runs right through the middle ear).
- 11. Swimming And Flying.** Are not permitted for at least 6 weeks after most ear operations. Discuss this with Mr. Kleid.
- 12. Return To Work Or School.** Depending on the operation, 1 or 2 weeks is adequate recovery time, but Stapedectomy may take a third week.
- 13. Appointment.** A follow up appointment will be made for you about three weeks after the operation.
- 14. If You Have Any Problems.** Please call the Head Office, my Beeper or home, or the ENT Registrar at the Royal Melbourne Hospital (9342 7000), or the Eye & Ear Hospital (9929-8666).