

# **After Your Ear Surgery**

Instructions and Information For You

From Dr. Trone

## **Dallas ENT Group**

1. You will be drowsy following surgery—we have given you medication to help make you more comfortable. Expect to wake and doze on and off during the evening. Simply make yourself comfortable when you get home. The drowsiness will disappear in the evening or overnight. The day following surgery you may still feel a bit tired, but go ahead and begin to resume your normal activity immediately. Your energy will return more rapidly if you begin to resume normal activity the day following surgery.
2. You may be a bit “stiff” when you first awake in the morning following surgery. Go ahead and move about without fear of disrupting anything. I have carefully reinforced all of your incision areas so that anything short of drastic athletic activity will not affect them. Do not lift or move heavy objects for two (2) weeks following the surgery. This includes lifting children, groceries, etc.
3. It’s not unusual to have some nausea following surgery, particularly if you begin to get up and move about too soon. All nausea will be gone 6-8 hours following surgery. Although we’ve given you nausea medication prior to, during, and possibly after surgery, these medications are only about 80% effective, and you may still experience a bit of nausea. If so, simply relax and don’t try to eat any heavy foods—just try some clear liquids.
4. No alcoholic beverages should be consumed for three (3) weeks following your surgery.
5. You’ll be given a prescription for pain medication. Take a pain pill before retiring the evening of surgery (preferably after you have kept something in your stomach to avoid stomach irritation.) It’s a good idea to take another pain pill the morning following surgery. Minor jaw discomfort or ear discomfort is not uncommon. If the pain pills disagree with you in any way, simply try extra-strength Tylenol—most patients find that by the first to second day following surgery Tylenol is quite adequate. Rarely will pain medication be necessary more than 3-4 days following surgery.
6. An antibiotic will be prescribed for you following your surgery. The antibiotic is prescribed to help prevent an infection. Please take all of it, as directed. Fever (above 100.6 F.), pain, or dizziness should be reported to me immediately. Please call my office.

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7. Do not disturb ear dressing during the first two (2) days following your surgery. It may be carefully removed the evening of the second day. You may change the outer cotton ball as needed. Wash your hands with warm water and soap prior to changing the cotton. **REMOVE THE OUTER COTTON ONLY.** If you have an excision on the top of or on the back of your ear, it should be coated with an antibiotic ointment such as Neosporin.
8. There should not be a copious drainage from the ear following surgery. If your ear begins to drain, please notify my office immediately at 972-566-8300.
9. Do not wash your hair or get your ears wet for at least one week following your surgery. Exceptions can be made to this if you ask me first. We do not want shampoo or water to get in the operated ear after surgery and this is a precaution that must be taken until I think it is safe to wash your hair.
10. Do not blow your nose for three weeks following surgery. “Sniff” secretions to the back of your mouth and expectorate them.
11. If you have to sneeze, do so with an open mouth. Open your mouth **WIDELY**.
12. Do not hold your nose closed to try to clear your ear. Your ear will feel “stopped up”. This is normal postoperative course.
13. Quiet activity is permitted when you return home after 7-10 days following your surgery. You may return to work/school after the tenth (10<sup>th</sup>) day.
14. If you work around or drive heavy equipment, be sure to advise me of this fact.
15. **DO NOT** fly aircraft or drive through high mountain ranges for at least two (2) months following your surgery. Please, contact my office if you have plans to do so **PRIOR** to your actions even after the two-month period.
16. We have spent considerable time and effort to make your surgical experience as efficient and pleasant as possible. I would personally appreciate your suggestions and comments regarding any area of your care that you think could be improved or changed to make your experience more pleasant.
17. If you have any additional questions or should any problems arise, please contact my office immediately by telephone. The number is 972-566-8300.