



Ear Surgery Instructions After Surgery

What is expected after ear surgery?

1. Pain is generally mild. Tylenol may be adequate. If required, your doctor may prescribe pain medication.
2. A dressing (bandage) is often left in place for a few days. You may be instructed to remove this at home after that or return to the office to have it removed.
3. After the bandage has been removed, apply some antibiotic ointment to the incision twice daily.
4. Bloody drainage from the ear canal for 2-5 days is not unusual. A cotton ball can be placed in the ear canal to absorb this. Once the drainage stops, you can leave the ear canal open to the air.
5. Hearing in the operated ear will likely be very poor initially. This is normal.
6. There may be mild dizziness or feeling a little unsteady.

What is the usual follow-up for ear surgery?

1. Your surgeon will likely see you the week after your surgery to check your incision and ear canal.
2. Another follow up in 6 weeks is performed to check the status of the eardrum.



When should I contact the physician after ear surgery?

1. Room-spinning dizziness (called vertigo).
2. Weakness or loss of facial movement.
3. Severe pain.
4. Severe headache or neck stiffness.
5. Continued nausea and vomiting beyond the first night after surgery.
6. Severe bleeding from the ear.
7. Fever over 101.5 degrees.

What should I avoid after ear surgery?

1. Avoid heavy lifting or straining. You can resume 50% of your exercise plan 1 week after surgery and return to normal after 2 weeks.
2. Avoid nose-blowing and sneezing with your mouth closed for 1 week. This may cause disruption of the recently repaired ear drum.
3. Avoid travel by plane for 6 weeks.

