

EAR SURGERY

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



ACTIVITIES

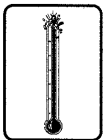
Slowly increase your activity when you go home. Keep your ear dry; no swimming. Do not blow your nose. Open your mouth if you sneeze. You may drive 24 hours after surgery if you have: **No residual dizziness, lightheadedness, nausea or vomiting.** No driving while taking narcotic pain medicine.



SPECIAL CARE NEEDED

Incision Care: Change the cotton balls every morning or more often if needed. Do not pull out any of the inner packing. If you have steri-strips over the incision, keep them dry and allow them to fall off on their own.

Keep your ear dry at all times. For bathing and hairwashing, use a cotton ball with a small amount of Vaseline or Bacitracin on it. Put it in the ear canal to avoid water entering the ear when bathing. Wash your hair over a sink. Keep the ear on which you had surgery up and place a folded washcloth over it.



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding (more than one teaspoon) or swelling

Call 911 if you have chest pain or shortness of breath