

CARE AFTER SURGERY

EAR SURGERY INCLUDING: TYMPANOPLASTY, MASTOIDECTOMY, STAPEDECTOMY, OSSICULAR CHAIN RECONSTRUCTION OR MIDDLE EAR EXPLORATION

INDICATIONS: These surgeries are performed for the treatment of chronic ear infections, persistent middle ear fluid, problems related to eustachian tube dysfunction, ossicular chain abnormalities, unexplained hearing loss, ear drum perforation, cholesteatoma or tumors.

EXPECTATIONS: A mild bloody discharge for the first few weeks after surgery is common. Temporary dizziness or vertigo with nausea and vomiting is not unusual for the first week. The ear will have absorbable packing in place and, as a result, your hearing will be diminished. A pressure sensation with fullness and some discomfort are expected.

DIET: Resume a regular diet as tolerated.

MEDICATIONS: Take Tylenol for pain. Older kids and adults may receive a prescription for pain and/or dizziness. Take them as prescribed. Your doctor may prescribe an antibiotic drop for the ear.

ACTIVITY: No strenuous activity or exercising, no heavy lifting for two weeks, limit activity for the first week and avoid rapid head movements.

WOUND CARE: Change the cotton ball to the ear as needed. Keep the ear dry except for the antibiotic drops as prescribed.

SPECIAL INSTRUCTIONS: No nose blowing for two weeks. If you sneeze do so with your mouth open. Call for any fever > 101.4 F, worsening dizziness, persistent nausea and vomiting, pus-like drainage from the ear, or any questions.

FOLLOW UP: One to two weeks with your surgeon for suture removal.

Eric A. Birken, MD, FACS
Srinivas R. Kaza, MD
Jay A. Yates, MD

Board Certified
Otolaryngology -
Head and Neck Surgery

General Adult and
Pediatric ENT

Head and Neck Oncology

Otolaryngic Allergy

Rhinology and
Sinus Diseases

Snoring and
Sleep Apnea

Thyroid and
Parathyroid Diseases

Facial Plastic Surgery

231 Parrish Street
Canandaigua, NY 14424
585-394-8800
585-394-5942 fax

4 Coulter Road
Clifton Springs, NY 14432
315-462-9491
585-289-3490 fax

www.lakeside-ent.com