

## **Pain Management and Medications**

If you are given a prescription for pain medication, take it as directed. If you are not given a prescription you may take Tylenol. Please follow the directions on the package.

Usually there is minimal pain if you have an endoscopic ear procedure.

You may be prescribed an ear drop. Put the drops into the ear while lying on your side for 1-2 minutes.

## **Activity/Exercise**

No exercise for at least 1 week after surgery.

Dizziness and nausea can be expected for up to a week. It may be more comfortable to sleep on the unaffected side, with your head elevated on a pillow.

You may return to school or work usually after 1 week.

Please check with your surgeon if you are planning to travel by air.

Do not clear or blow your nose. If you must sneeze or cough, open your mouth.

## **Diet**

You may resume your regular diet as tolerated.

Mild change in your taste is possible, temporarily.

Do not use straws to drink as they will increase pressure in your ear.

## **Dressing/Wound Care**

Replace outer cotton ball from the ear as often as necessary. There is usually sponge-like packing inside the ear canal. Therefore, be careful NOT to remove the packing when you change the cotton ball on the outside. If the packing comes out, it is not an emergency but you should call the surgeon's office.

Keep a towel over the pillow when you sleep as the ear may drain or ooze.

If there is an incision made behind your ear, you may have stitches or staples. These will be removed at your follow up appointment.

Keep your incision dry.

You may apply Polysporin to the wound and tape gauze over the ear or incision, or you can leave it open to air.

If a facial nerve monitor was used during your surgery, there may be small bruises in the corner of your eye/side of nose/corner of lip. You may apply an ice pack to the area as needed.

## **Danger Signs to watch out for**

**Contact your healthcare provider or surgeon if you have:**

- Persistent fever over 38.3°C or 101°F
- Signs of infection (yellow/green discharge from your ear or incision, redness, pain)

**Seek care immediately or call 911 if you have:**

- Excessive bleeding from your ear
- Persistent vomiting and possible dehydration
- Or if you are unable to move the side of your face you had the ear operation

## **Follow-Up**

Please follow up with your surgeon in 1 week. You will need to call the office to make the appointment.

If you have any questions, please contact your surgeon's office.

## **Other Instructions:**

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