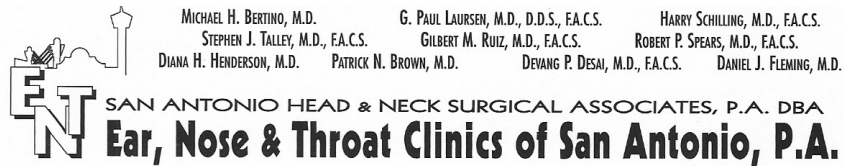


**INSTRUCTIONS FOR PATIENTS
AFTER EAR SURGERY**

**(Myringoplasty, Stapedotomy, Tympanoplasty with Ossicular Chain Reconstruction,
and Mastoid Surgery).**

Dear Patient: The following is recommended for your postoperative care:

1. After these procedures, it is not unusual to feel like the ear is plugged up. Furthermore, one may not be able to hear as well, as well as have more noticeable ringing or buzzing sound in the ear. Moreover, particularly after middle ear surgery involving ossicular chain reconstruction or stapedotomy, some degree of mild problems with imbalance is possible.
2. Generally, you will be discharged after surgery either the same day or the next day in the morning.
3. It is not unusual to have a little bit of bleeding or oozing from the operated ear.
4. Please notify us if there is significant pus drainage from the operated ear, or very severe vertigo (a significant sensation of spinning), or fevers greater than 101.6 degrees.
5. After such ear surgery, it is recommended that you prevent any water from entering the operated ear for a period of at least 3 to 4 weeks. We recommend that you use a small piece of cotton lubricated with vaseline to use as an earplug while showering. We also do not recommend any swimming during this same time period.
6. You should be able to go back to work within 1 to 1-1/2 weeks. If there is any significant problem with imbalance, it may certainly take a little longer. Upon returning to work, we recommend that you avoid any heavy manual labor for a period of another one to two weeks.
7. Please do not use any Q-tips to the operated ear for a period of 3 to 4 weeks.
8. Your follow-up appointment will be within 7 to 14 days as instructed.
9. Your diet is that of your choice. We do recommend that you eat foods with high-fiber content to prevent constipation.
10. You may be given antibiotics to be taken. You will also be given some pain relievers that can be utilized sparingly. Please note that these pain relievers can cause constipation, which in turn can increase the pressure behind the eardrum and can possibly cause problems with healing. As such, we recommend to use these medications only if needed, sparingly, and, hopefully, only within the first three to four days after surgery.
11. If there are any incisions on the temple site on the scalp, please keep this area free of any blood and crusting by gently cleaning with peroxide on a Q-tip twice a day. To this same incision, apply triple antibiotic ointment or Bacitracin/Neomycin generously 3 times a day for 14 days.



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12. The following are directions for all ear surgeries within the first 3 to 4 weeks:

- Please do not blow your nose for 3 to 4 weeks. Use nasal saline if necessary to keep this area moist and gently dab the nose with tissue.
- Please try to sneeze with your mouth open.
- Please do not attempt lifting anything heavier than 15 pounds. Please avoid moderate or strenuous exercise as well as other activities.
- Please avoid any activities that increase the pressure behind the eardrum (such as but not limited to being on an airplane and SCUBA diving) for a period of six weeks.

13. The following are specific instructions for patients having undergone mastoid surgery:

- There may be an incision behind the ear for the mastoid portion of surgery. Please keep this area free of any crusts or from old blood by gently using a Q-tip soaked in peroxide around the incision site twice a day. After doing this, use triple antibiotic ointment or Bacitracin/Neomycin ointment to this incision generously three times a day for a period of 14 days.
- With mastoid surgery, there may be more oozing that is noted from the operated ear.
- Your follow-up appointment will be within 7 to 10 days for suture removal and any ear packing removal.
- We do expect, after mastoid surgery, that you will need to be seen in the office on a once weekly basis, generally, for at least the first 4 to 6 weeks.

Devang P. Desai, M.D.