

# ENDOSCOPIC EAR SURGERY - POST OPERATIVE PATIENT INSTRUCTIONS

## Before You Leave Hospital

- **Schedule follow-up:** Email [ypather@hillsent.com.au](mailto:ypather@hillsent.com.au) to book your appointment
- **Take medications:** Follow all prescribed medications (pain relief, ear drops/ointments, antibiotics if given)
- **Start with liquids:** After anesthesia, begin with clear liquids before regular food

## Caring for Your Ear

### Daily Dressing Care

- Change cotton in ear canal daily or two times a day to wick out blood
- Once bleeding stops (up to 7 days), leave cotton out
- If you have dissolvable stitches in ear canal, leave them alone

### Keep Your Ear Dry

- **No water in ear** - your doctor will tell you when swimming is OK, usually after 4-6 weeks.
- When showering: put cotton in outer ear and cover with Vaseline

## What NOT to Do

### For 6 Weeks:

- **Don't blow your nose** - instead wipe it, if it is dripping.
- **Don't "pop" your ears** by holding nose and blowing
- **Sneeze** - if you have to sneeze do it with mouth open

### For 3 Weeks:

- **No heavy lifting** (over 5kg/11lbs)
- **No vigorous exercise or sports**

## Other Important Don'ts:

- **Don't drive home** from hospital
- **Avoid getting sick** - stay away from crowded places (shopping centres, movie cinemas), public transport
- **No air travel for 4 weeks** (check [hillsent.com.au](http://hillsent.com.au) website for flying tips when ready)

## What to Expect

- Ear may feel full, pop, click, or pulse
- Sharp pains are normal occasionally
- May feel like liquid in ear
- Minor dizziness for first few days

## Taste Changes (Very Common)

- **Metallic taste or numbness of tongue** - affects about 4 in 10 patients
- Usually improves over weeks to months
- May cause temporary changes to eating habits
- This is normal healing, not dangerous

## Sleep and Rest

- **Sleep with head elevated** - use 2-3 extra pillows for 3 days
- **Sleep on your back** to avoid pressure on ears
- Avoid lying on the operated side
- Rest helps your body heal faster

## When to Contact Us

### Email [ypather@hillsent.com.au](mailto:ypather@hillsent.com.au) if:

- Facial weakness (drooping mouth, can't close eye properly) - URGENT
- Fever or feeling unwell
- Bad smell from ear
- Increasing pain, redness, or swelling around ear
- Dizziness lasts more than 3 days
- You develop cold symptoms
- Any concerns not covered here