

ENDOSCOPIC EAR SURGERY - POST OPERATIVE PATIENT INSTRUCTIONS

Leaving the hospital

1. If you have not already been given a postoperative appointment, please ring and arrange a visit for approximately 4 to 6 weeks after surgery.
2. Please take any medication prescribed as directed. This will usually include pain medications, antibiotic ear drops and occasionally oral antibiotics (if you had a very infected ear).
3. There are no dietary restrictions, although after a general anaesthetic it may be best to start with clear liquids.

The Dressing

The cotton in the ear canal is to be removed and changed daily or second daily as required. When the ear stops leaking blood leave the cotton wool out and avoid any water entering the ear canal - this may take up to 7 days. Occasionally a small incision is made in the ear. This has been closed with dissolvable stitches and should just be left undisturbed.

Precautions

1. DO NOT blow your nose for 6 weeks. Any accumulated secretions in the nose may be drawn back into the throat and expectorated if desired. This is particularly important if you develop a cold.
2. DO NOT "pop" your ears by holding your nose and blowing air through the Eustachian tube into the ear. If it is necessary to

sneeze, do so with your mouth open.

3. DO NOT allow any water to enter the ear canal. Your doctor will advise when it is OK to go swimming again. In the meantime, when showering or washing the ear, cotton may be placed in the outer ear opening and covered with Vaseline.
4. DO NOT take any unnecessary chance of catching a cold. Avoid undue exposure or fatigue. To reduce your risk of catching colds, avoid public transport and enclosed public spaces (eg movie cinemas). Should you catch a cold, treat it in your usual way, reporting to us if you should develop ear symptoms.
5. You may anticipate a certain amount of pulsation, popping, clicking and other sounds in the ear, and also a feeling of fullness in the ear. Occasional sharp shooting pains are not unusual. At times, it may feel as if there is liquid in the ear.
6. DO NOT plan to drive a car home from the hospital. Air travel is permissible two weeks following surgery. When changing altitude, you should remain awake and chew gum to stimulate swallowing.
7. DO NOT perform any heavy lifting (more than 15 kilograms) or vigorous physical activity (including sport) for three weeks after surgery.
8. Some minor dizziness is expected after the surgery. Please contact us if there is dizziness lasting more than 72 hours after surgery.