

EXOSTOSES REPAIR (CANALPLASTY) POST OPERATIVE INSTRUCTIONS

Leaving the hospital

1. Please ring our office and arrange a post operative visit for 2 to 3 weeks after surgery for removal of some ear canal packing.
2. You will be given prescriptions for pain relief (such as endone or panadiene forte) and antibiotics (such as amoxil or keflex). Please fill these scripts and take the medications as directed.
3. There are no diet restrictions after your ear operation, although after a general anaesthetic it may be best to start with clear liquids and simple foods for your first few meals.
4. You should NOT drive your self home. Remember to take a vomit bag for the car trip home as the car motion often triggers nausea and sometimes vomiting.

The Bandages and your ear dressing

Remove the head bandage the day after surgery. To do this just cut the knot and unwrap the bandage. It is common to have bloody drainage on the gauze. The cotton ball in the ear canal should be removed and changed as required. When the cotton ball stops getting stained with blood, leave it out and let air into the ear canal. The skin cut behind the ear is closed with dissolvable stitches and

covered by sticky paper strips which should remain in place for two weeks. Sometimes with sweat and hair regrowth the paper strips fall off after a week, don't worry about that. Just keep the whole ear dry until you see your surgeon on the first post op visit.

Precautions

1. DO NOT allow any water to enter the ear until advised by your doctor that the ear is healed. Until such time, when showering or washing the ear, cotton may be placed in the outer ear opening and covered with Vaseline. Swimming and surfing should be avoided until you have clearance from your surgeon.
2. DO NOT take any unnecessary chance of catching a cold. Avoid undue exposure or fatigue. Should you catch a cold, treat it in your usual way, reporting to us if you should develop ear symptoms.
3. 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 for 2 to 3 weeks. Occasional sharp shooting pains will occur for up to 6 months after the surgery. At times, it may feel as if there is liquid in the ear.
4. DO NOT plan to drive a car home from the hospital. Air travel is permissible two days following surgery. With any form of travel back home,

always take a car sickness bag in case the motion makes you sick.

5. DO NOT perform any heavy lifting (more than 15 kilograms) or vigorous physical activity for three weeks after surgery.