

**Jesse G. Wardlow, MD FACS**

**Eileen M. Mahoney, MD**

**Keith M. Lertsburapa, MD**



5207 Main St. Suite 5 Downers Grove • 12 Salt Creek Ln. Suite 106 Hinsdale • 15728 S. Rte 59 Plainfield

Phone: 630-981-0032 Fax: 630-241-0884

### **EAR SURGERY** **POSTOPERATIVE INSTRUCTIONS**

1. If the ear is packed, do not remove the packing. The packing will be removed by your surgeon one week after surgery.
2. Avoid quick head or body movements, this can cause dizziness. Some imbalance after ear surgery is common, however spinning dizziness (vertigo) should be reported.
3. Change the dressing over your ear at least once a day. Use clean, dry hands when changing the dressing. You will be given supplies when you are discharged from the hospital. Use a Q-Tip to clean the incision with hydrogen peroxide, and then apply a thin layer of Bacitracin ointment. If there is a build up of blood clots or crusting clean the incision twice a day. If there is no external incision or the Dermabond clear liquid bandage is used, no cleaning is necessary.
4. Some drainage from the ear is normal after surgery. It is normal to hear crackling and other unusual sounds after ear surgery until the healing is complete. Signs of infection include redness, pain, swelling, and increased drainage. If these occur, please call the office at: 630-981-0032.
5. Do not allow water or moisture in or around the ear canal or incision. Do not wash your hair until after your first visit following surgery, unless your surgeon gives you approval. Precautions must be taken to avoid any kind of water or moisture in your ear or incision. Keep your hair away from your incision.
6. DO NOT BLOW YOUR NOSE.
7. AVOID SNEEZING. If a sneeze can't be helped, hold your nose and sneeze with your mouth open.

8. Sleep with your head elevated on two pillows for the first few nights after surgery or until after the sutures are removed. For side sleepers, the operated ear should be up. Some people find sleeping in a recliner is comfortable.
9. No strenuous exercise. Do not lift anything heavier than five pounds. No aerobic exercises until cleared by your surgeon.
10. If you become constipated (which can be a side effect of the pain medication), use a laxative.

**CALL YOUR SURGEON IF:**

1. DRAINAGE INCREASES RATHER THAN DECREASES
2. DRAINAGE DEVELOPS AN ODOR
3. THERE IS SUDDEN DIZZINESS
4. YOU DEVELOP A FEVER GREATER THAN 101.0 DEGREES
5. THERE IS A SUDDEN CHANGE IN YOUR HEARING

Unless you are instructed otherwise by your surgeon, all patients should return to the office in one week for packing and/or suture removal.

**\*To speak with our office, please call (630) 981-0032 between 8am-4pm (Mon-Fri)**

**\*For prescription refills please call during office hours with your pharmacy number available**

**\*For after hours Emergencies, a doctor on call may be reached at (630) 981-0032, or go to your nearest Emergency Room**