



PUGET SOUND EAR, NOSE & THROAT CARE CENTER

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AFTER YOUR EAR SURGERY

USUAL POST OPERATIVE COURSE

PAIN: Some discomfort for the first few days. Use pain medication as needed. If pain medication causes nausea and/or vomiting, call the office.

DRAINAGE: Brownish, reddish colored drainage (blood and dissolving packing material) is normal for about a week. This should decrease in volume over that time.

PRECAUTIONS

DO NOT BLOW YOUR NOSE OR "POP" YOUR EARS: The ear drum and, if repaired, the ossicles (ear bones) are held in place with packing material. Air forced up the eustachian tube can push these structures apart. Sneezing can also be detrimental. If you have to sneeze, allow it to come out of your mouth.

KEEP THE EAR DRY: No water down the ear canal. When bathing or washing hair, use a cotton ball coated with vaseline in the ear, and do not allow any water to directly contact the ear. If there is an incision behind the ear, this should be coated with an antibiotic ointment twice a day. **No swimming until the doctor advises you otherwise.**

DO NOT CLEAN THE EAR CANAL: Do not clean or remove any packing or gauze from the ear canal. You may change the cotton ball as needed. You may use a damp cloth to clean the outside of the ear. Do not put anything down into the ear canal.

PROBLEMS If any of the following occur, call the office.

DIZZINESS: Following ear surgery, some dizziness, especially with rapid head motion, is normal for 1-2 days. PERSISTENT or SEVERE dizziness is **not** normal.

FOUL DRAINAGE: Foul smelling drainage of pus indicates an infection. This will require early treatment with antibiotics and/or drops.

SWELLING: Increasing swelling and tenderness behind the ear, may indicate infection or a collection of blood under the skin. This will need to be checked.

TEMPERATURE ELEVATION: Temp above 101 degrees may indicate infection. This will need to be checked.

You should have a post operative appointment 1 week after surgery.

For questions, problems or refills, call the office: (425) 775-6651. Some pain medications require a written prescription, so call for a refill before you run out of medication.

Medication requests must be made during office hours.

There is a doctor on call after office hours for emergent problems: (425) 775-6651



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AFTER YOUR EAR TUBE INSERTION

1. **NORMAL POST OP COURSE:** A small amount of dried blood, clear or blood tinged fluid may be present in the ear canals for a few days. There should not be any drainage after this time, unless ear drops are used. There may be popping, cracking of the ears, or hollow feeling for about a week. Children will often pull on their ears or poke at them. This is normal after tube insertion. It does not mean infection. Occasionally, there is dizziness after tube insertion. If this occurs, medication can be given to help this. Do not drive if you're dizzy.
2. Eardrops may or may not be given after tube insertion. Do not use any other ear preparations
3. Your physician will advise you if ear plugs are needed for bathing or swimming.

You should have a post-op appointment 2 weeks after surgery.

For questions, problems or refills call the office at (425) 775 -6651

Medication requests must be made during office hours.

There is a doctor on call for emergent problems after office hours: (425) 775-6651.