



**VALLEY ENT**  
EAR, NOSE, THROAT & ALLERGY

## **Chronic Ear, Middle Ear, Or Stapes Surgery**

This post-operative instruction sheet is designed to help you care for your throat after surgery and help answer any of the common questions you may have. It is not entirely comprehensive, so if you have any questions, do not hesitate to call the office. You may call the office at (559) 409-4720. If you are having a medical emergency, you should not hesitate to call 911.

### **What To Do Before Surgery:**

- Have your child take Tylenol (Acetaminophen) 2 hours before the surgery time. This is OTC (over-the-counter) and the bottle will have recommended dosing. This will help with any discomfort they may have right after the procedure.

### **What To Expect:**

- Do not blow your nose for three weeks following surgery. If you sneeze or cough do so with your mouth open.
- Avoid any heavy lifting (over 10 lbs.), straining or bending for three weeks following surgery.
- Keep your head elevated as much as possible. Sleep and rest on two to three pillows if possible.
- Do not let water in your ear. You may wash your hair 2 days after surgery but **keep all water out of the ear canal**. If showering or washing your hair place a piece of cotton coated in Vaseline or antibiotic ointment in the ear canal to seal it.
- If there is a separate incision behind your ear, place topical antibiotic ointment on the incision a minimum of twice daily.
- If you wear glasses either remove the arm on the operated side or make certain that it does not rest on the incision behind your ear for one week.
- Beginning one day after surgery try to leave the cotton out of your ear as much as possible unless there is significant drainage.
- **Do not clean ear canal with cotton swabs.** Clean the outer ear with a soft cloth or cotton swabs to remove dried blood, but if the ear is tender this is not necessary.
- Some drainage from your canal may occur after surgery. If there is a separate incision some drainage may occur from this area also. If the drainage is profuse or develops a foul odor call the office.
- Popping sounds, a plugged sensation, ringing or fluctuating hearing may be noticed in the ear during healing.
- Avoid travel by air for three weeks following surgery.

**Home Care - After The First Few Days:**

- Drainage should begin to decrease, and pain should also subside. Please continue taking Ibuprofen or Tylenol for relief of mild pain.
- **Continue to keep all water out of the ear canal.**

**Call Office If:**

- Increased pain not relieved by prescription medications.
- Large amounts of bleeding from the ear area.
- Pus/Foul smelling drainage from the ear.
- Increased redness or firmness in the ear area.
- Temperature over 101° on 2 consecutive readings.
- Some dizziness may occur after surgery. If it becomes severe or is associated with nausea or vomiting call the office.

**Follow-up Appointment:**

- If an appointment has not already been scheduled, please call the office to make or confirm your appointment.

**Important Phone Numbers:**

- Valley ENT Clinic: (559) 409-4720
- Kaweah Delta Hospital: (559) 624-2000
- Sequoia Surgical Center: (559) 740-4094