

**ARKANSAS OTOLARYNGOLOGY CENTER
POSTOPERATIVE INSTRUCTIONS FOR EAR SURGERY**

1. Unless otherwise instructed, your appointment will be about three weeks after surgery.
2. Do not blow your nose for three weeks following surgery. If you need to clear your nose you may sniff. If you must sneeze, do so with your mouth open.
3. If you develop any facial paralysis or numbness on the operative side call the surgeon.
4. Soap and water should be kept out of the ear until it is healed. Your hair may be washed 24 hours after surgery providing water is not allowed to enter the ear canal. To avoid water in the ear use a plug of cotton in the canal and applying Vaseline over the cotton.
5. It is normal to have blood-tinged drainage from the ear canal up to 7-10 days after surgery. A small piece of cotton should be placed loosely at the entrance of the ear canal and changed frequently. If the drainage should turn green or yellow or have a foul odor, please contact our office. You may remove your post operative dressing in 12-24 hours unless you are given other instructions by the ASC staff. If you like you may keep the plastic dressing to sleep with for the first few days.
6. Do not be unduly concerned with your hearing until three months following surgery.
7. It is not advisable to fly for approximately 48 hours following surgery. Surface travel is permitted at any time.
8. Activity - no exertion or straining until your first post-op visit.
9. A full sensation with popping sounds may be noticed during the healing period.
10. Put 2-3 drops of mineral oil or baby oil in the ear canal the day before returning for your first postoperative visit.
11. If you have had a tumor surgery, a shunt procedure or a middle fossa procedure, and you notice clear drainage from your nose after surgery; you should call this office (501-227-5050 immediately. **After hours call the Medical Exchange (501) 663-8400**
11. Medication: Pain, nausea and other medications will be prescribed by your physician as indicated. **Do not** use aspirin or ibuprofen products unless approved by your physician.
12. Breathing or respiratory concerns should be reported to your physician immediately.

Doctor on emergency call (after hours) use the Medical Exchange at 501-663-8400.

Surgery center hours are Monday-Friday from 7:30am to 5:00pm. If you need to see a physician after hours do not return to the surgery center, go to the emergency room.