

NO ADVIL, MOTRIN, IBUPROFEN, ALEVE, ASPIRIN OR ASPIRIN PRODUCTS FOR 2 WEEKS PRIOR OR UNTIL 2 WEEKS AFTER SURGERY, UNLESS ORDERED BY YOUR PHYSICIAN.

POST-OPERATIVE INSTRUCTIONS FOR EAR SURGERY

Basically, thou shall not lift, bend, strain, blow, sneeze, or lie flat.

1. DO NOT get any water into the operated ear.
2. DO NOT wash your hair until the doctor gives you permission. You may use a dry shampoo such as PSSST, Mini-poo, etc., which can be purchased at the drugstore.
3. DO NOT attempt to clean the inside of the operated ear; leave this for the doctor at your first visit.
4. You will be dismissed from the hospital with cotton in your ear. This cotton can be changed daily or as often as needed. There may also be bandaids covering your ear, change these daily. Please keep your ear protected until you have seen the doctor.
5. Before leaving the hospital, you will be given a card telling you when to return to our office. Be sure to keep this appointment.
6. DO NOT blow your nose.
7. When you feel as though you are going to sneeze, open your mouth and sneeze with your mouth open.
8. You might experience some jaw pain on the side of the operated ear, this is normal.
9. If the operation was called a stapedectomy, sleep with your head elevated on two pillows for the first two weeks and with your operated ear turned upward.
10. Rest as much as possible. You may do menial tasks around the house, ride in the car and go out to dinner. You should not drive a car, climb to high places, ride bikes or use dangerous equipment the first week post-operatively. Increased activities will be advised at your first post-operative visit if indicated.
11. Call the office before you consider taking an airplane ride the first 10 days post-operatively.
12. If pregnancy is suspected please notify your Doctor since surgery should not be performed at this time.