

POST OPERATIVE INSTRUCTIONS FOR EAR SURGERY
Tympanoplasty, Middle Ear Exploration, Mastoidectomy

1. Water should be kept out of the ear until it has healed. The hair may be shampooed the day after surgery if no dressing was wrapped around the head, otherwise wash hair after it is removed. The face may be washed but **DO NOT** allow water to enter the ear canal. Place a cotton ball in the ear canal opening and cover with a layer of Vaseline to repel water.
2. **DO NOT BLOW YOUR NOSE FOR 2 WEEKS** following surgery.
Any accumulated secretions in the nose should be expectorated (spit out) through the mouth to avoid infecting the ear. If you sneeze, open your mouth during the sneezing episode
3. Avoid heavy lifting(>30 lbs), straining or significant exertion for **2 WEEKS** following surgery.
4. If an ear dressing was wrapped around the head, remove it 2 days after surgery along with the cotton ball in the ear canal but **DO NOT** remove the steri- strips behind the ear if present. These will be removed by the doctor.
5. The cotton ball may need to be changed several times a day if it is wet with blood (common after surgery). Also, change cotton ball after placing prescribed ear drops in ear. Begin using prescribed ear drops in the ear after dressing has been removed (2 days after surgery).
6. Hearing will be muffled for first few weeks after surgery because of packing placed in the ear during surgery and the normally occurring swelling in the ear canal and middle ear. Packing will dissolve in approximately 4-6 weeks and/or it will be slowly suctioned out during post op visits at the discretion of the doctor.
7. Notify the office if you become ill or develop a cold after surgery. Quickly report any yellow, foul smelling drainage from ear, severe vertigo, facial weakness or paralysis excessive pain or fever above 100.5* F
8. **Common symptoms after ear surgery:** some blood tinged drainage, feeling of dizziness/lightheadedness, especially with head motion. Call if this lasts more than 6-7 days. A feeling of “fullness” in the ear”, popping sounds, muffled hearing.
9. **IN CASE OF EMERGENCY , AFTER HOURS OR ON WEEKENDS:**
The doctor can be reached by calling our office at 215 465 8800 or you may go to the nearest Hospital Emergency Room.

10. **POST OPERATIVE VISIT:** Doctor VERNOSE McGRATH ASLANIDIS
would like to see you in _____weeks
Date: Please **CALL** for an appointment.

* 1841 So Broad Street Philadelphia, PA 19148 (215) 465- 8800

* 188 Fries Mill Road, Suite A-2 , Turnersville , NJ 08012 (856) 875- 0111

* 73 North Maple Avenue, Suite D , Marlton , NJ 08057 (856) 797- 9961