

## Ear Surgery/Tympanomastoid Home Care Instructions

### ACTIVITY

- The first few days should be spent resting quietly in bed or on the couch. You may be drowsy and uncoordinated from the anesthesia and pain medications, so be sure to protect yourself from injury.
- You will require constant supervision for the next 24 hours by a responsible adult.
- No driving, making legal decisions or operating hazardous equipment for the next 24 hours or any time while you are taking prescription pain medications.
- Avoid strenuous activity or exercise for two weeks.
- Do not lay on your surgical ear.
- Change positions slowly. It is common to feel dizzy or faint upon rising from a seated position.
- Do not blow your nose for the first week after surgery.
- Open your mouth when sneezing to prevent pressure build up in your ear.
- Do not try to “pop” your ears by holding your nose and forcing air into your ears.
- Do not let water get into your ears during bathing or showering. Place a cotton ball covered with Vaseline into the ear canal to protect from water.
- Avoid flying or extreme altitude changes.

### DIET

- Begin with clear liquids such as apple juice, popsicles and water. Advance diet as tolerated.

### PAIN

- Pain above or in front of your ear is common when chewing
- Taking prescribed pain medication around the clock for the first two days is recommended. Set an alarm clock throughout the night so that pain does not get out of control by morning. Take medication with food to prevent nausea. You may take an OTC stool softener and drink plenty fluids with the addition of fruit juices to prevent constipation.
- You may CHANGE to Tylenol after a few days if doing well, but DO NOT take additional Tylenol with your prescription.
- Avoid Ibuprofen (Motrin and Advil) and Aspirin due to the increased risk of bleeding.

**YOUR NEXT DOSE OF \_\_\_\_\_ CAN BE GIVEN AT \_\_\_\_\_ TODAY.**

### BLEEDING

- Blood tinged, watery drainage is expected from the ear; you may replace the cotton ball as needed to help catch the drainage.
- Profuse bright red bleeding from the ears is NOT NORMAL. Go to the nearest emergency room, or call 911.

### DRESSING CARE

- Band-Aid Dressing: Remove Band-Aid the day after surgery. Change the cotton ball twice daily or as needed.
- Mastoid Dressing: Remove the fluffy dressing and head wrap the day after surgery. Remove the cotton from inside and behind the ear. Place a new cotton ball in the ear canal and secure with a band aid. Keep stitches clean and dry.

### When to CALL YOUR DOCTOR (CALL (208) 336-4368 TO REACH YOUR PHYSICIAN)

- A fever of 101 degrees for more than 24 hours.
- Pain that is not controlled by your prescription pain medication.
- Persistent nausea and vomiting lasting more than 24 hours.
- Signs of infection of your incision or ear, such as yellow drainage, redness and swelling.

### When to go to the EMERGENCY ROOM

- If you have difficulty breathing or shortness of breath.
- Uncontrollable bright red bleeding from your ear
- If you are unable to reach your physician and need help.