

Southeast ENT Clinic

Epworth Berwick Specialist Centre
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POSTOPERATIVE CARE INSTRUCTIONS FOLLOWING EAR SURGERY

Dear Patient/Carer:

Please read this document carefully as it contains important information that compliments the instructions given by Mr Hurtado during your recent surgical admission.

Medications:

You should receive prescribed oral antibiotics and analgesics before you leave the hospital. The ward nurses will explain you how to use these products before you are discharged. Please follow the medication instructions carefully and consult your healthcare professional if you have any questions about them.

Please wait 2 weeks from your surgery before restarting the intake of fish or krill oil. Please ask Mr Hurtado when to restart any other blood thinner drug (ie, Aspirin, Warfarin, etc.).

Operated ear after care:

Water contact precautions

Keep your ear dry until further advice by Mr Hurtado. When taking a shower, cover your ear completely by applying a cup gently against it.

Ear canal packing

Do not remove your ear packing. If instructed to use antibiotic eardrops, apply them on top of the ear packing (as this is usually a sponge material). If your ear packing dislodges from the ear canal, do not try to reinsert it. Please notify our practice as soon as practically possible and continue same water precautions.

After Mr Hurtado removes the packing, you must start the use of water-proof ear plugs (silicon plugs or blu-tack), or continue use of the cup during the shower time.

Wound cover

You may have paper strips (called steristrips) covering a wound behind or on top of your ear. Please clean this area daily with water and a medicated antibacterial soap. Gently dab this region with a clean towel to dry and leave exposed until the next day. The steristrips may fall off as the days go by. If not, Mr Hurtado will remove them later.

Physical activity considerations:

During the first 72 hours:

Have relative rest at home.

During the first week:

Please sleep on your back with your head elevated by 2 or 3 pillows.

During the first two weeks:

Avoid blowing your nose. If required, use saline nasal sprays to clean your nasal passages.

Avoid lifting heavy objects. Avoid bending over. If you need to pick up objects from the floor, do so by bending your knees and keeping your head up if possible.

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During the first four weeks:

You may now restart slowly all previous levels of physical exercise (including sports).
Mr Hurtado recommends you to avoid air-flight travel during this period.

On your first postoperative appointment:

Mr Hurtado will inspect the wound behind your ear and remove any stitches (if required).

On your second postoperative appointment:

Mr Hurtado will remove the packing from your ear and clean your ear canal.

Mr Hurtado will arrange your postoperative hearing test, usually 3-4 months after surgery.

Attend your nearest Emergency Department or local GP clinic

In case of headache, fever or severe pain that doesn't respond to the prescribed analgesics. Mr Hurtado would be keen to provide advice to your doctor if required.

Please also attend your nearest Emergency Department or local GP clinic in case of sudden hearing loss or vertigo and ask your physician or audiologist to contact Mr Hurtado for immediate advice.

We will confirm the time and date of your post-operative appointment soon. Do not hesitate to contact us if you require any further information regarding these instructions.

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