

COLUMBUS OTOLARYNGOLOGY CLINIC

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Ear, Nose and Throat
Head and Neck Surgery
Facial Plastic Surgery

Care Following Ear Operations

These general instructions will help you care for your ear after your ear surgery. Use of medication or length of time for limited activity vary with the type of surgery and will be discussed with your by your doctor.

- * It is normal to have a small amount of drainage in the outer ear. Change the cotton in the outer ear as often as needed, but at least once daily.
- * For at least two weeks (or as long as recommended by your doctor) following surgery, avoid activities that will cause increased pressure in the ear. These activities include blowing your nose vigorously, lifting heavy objects, straining at the toilet, bending quickly or lying on the ear that was operated on. If you have to cough or sneeze, open your mouth to relieve the pressure.
- * To prevent water from getting into the ear, gently place cotton covered with petroleum jelly (Vaseline) into the ear before taking a shower or washing your hair.
- * Popping or crackling sounds in the ear that operated on are common.