**POSTOPERATIVE INSTRUCTION SHEET**

**EAR SURGERY**

1. Diet: Advance your child’s diet slowly on the day of surgery. A regular diet should be tolerated the day after surgery.
2. Pain: Pain is usually mild after ear surgery. Give Tylenol on a regular basis for the first week after surgery.
3. Dressing/Packing: The ear dressing should apply gentle pressure. If it is too tight you can loosen slightly. Remove the ear dressing 24 hours after surgery. Usually there is packing in the ear canal that you may be able to see. This stays in the ear and will dissolve on its own.
4. Activity: Let your child recover at their own pace. Returning to school of sports will depend on your child’s recovery. Limit any contact sports or heavy lifting or straining for 6 weeks after surgery.
5. Medications: Take all medications as prescribed.
   1. **Begin ear drops 7 days after surgery. 5 drops twice a day is fine. Continue taking until first follow up appointment.**
   2. **Apply bacitracin to the incision behind the ear twice a day.**
   3. **Take oral antibiotics IF written for**
   4. **Tylenol for pain as needed.**
6. Bathing and Swimming: Showering or bath is fine 48 hours after surgery. Put a cotton ball with Vaseline in the ear while bathing. Do not soak the wound in the tub. NO SWIMMING until cleared by Dr Maturo.
7. Travel: No airline travel for 6 weeks after surgery.
8. Nose blowing: No nose blowing or physical activity for 6 weeks after surgery. Sneeze with your mouth open.
9. Go to the Emergency Room for the following:
   1. Fever > 101.5.
   2. Increasing pain.
   3. Significant pain.
   4. Dizziness or sudden loss of hearing.
10. Follow up with Dr Maturo 3 weeks

Call the clinic if you have any questions

* 1. For questions about surgery 301 319 8629
  2. For appointment 301 295 4664 (option 0)
  3. After hours: 301-295-4611 and ask them to page the ENT on-call (be sure to leave your full name, social security number, type of surgery, and date of surgery)