

## **Ear Surgery**

### **Post-operative Instructions:**

1. Packing has been placed in the ear canal to stabilize it while it heals over the next three weeks. Please leave it in place. If it dislodges, please cut off the segment which has fallen out.
2. The ear canal should remain dry until advised that it can be wet again. Any wound behind the ear can be washed and patted dry.
3. If washing hair, please avoid getting the ear wet. The best way of achieving this is to have someone else wash the hair or go to a salon.
4. Do not fly until advised it is safe to do so.
5. Avoid heavy lifting or physical activity for 2 weeks

### **What to Expect:**

1. A small amount of bloodstained discharge is normal and may persist for up to a week.
2. The ear will appear swollen and will stand out more until the swelling resolves in a few weeks.
3. Mild facial pain or headache is normal and best treated with over-the-counter paracetamol or ibuprofen.
4. The ear will feel quite deaf until packing is removed and the middle ear has healed.

### **Contact the rooms or Mr Walsh if:**

1. There is a sudden flow of fresh blood from the ear.
2. Worsening pain, not controlled by over-the counter pain relief.
3. Any reactions to prescribed medications.
4. Redness, pain or swelling of the ear.