



A Department of Lakes Region General Hospital

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POST OP INSTRUCTIONS FOR EAR SURGERY

(Tympanoplasty, Ossiculoplasty, Mastoidectomy, Stapedectomy)

-After middle or inner ear surgery, it is very important to:

- Keep your ear dry, use ear plugs or cotton balls with vaseline
- No noseblowing
- No flying, diving, mountain climbing or "popping" your ears
- Sneeze with your mouth open
- No strenuous physical activity
- No Q-tips in ears

-The packing in your ear may take several weeks to dissolve; your Doctor will start you on eardrops at some point to help them dissolve. It is normal to have worse hearing after surgery, while the packing is in place.

-Dizziness or vertigo can be normal after surgery; if it is getting worse, daily or seems excessive, call your Doctor immediately.

-After surgery you may have a plastic cup dressing on your ear; that may be removed the day after surgery. The cotton ball in the ear can be replaced daily (or as needed) with a clean cotton ball.