



Ear & Mastoid Surgery Post Operative Instructions

Diet

- Resume normal diet as tolerated.

Activity

- No sports, exercise, lifting, or heavy activity for 1 week.
- No work involving physical activity for 1 week.
- May return to work after 1 week.
- NO FLYING or DIVING for 6 weeks after surgery.

Pain Killers and Antibiotics

- Take the prescribed painkillers as needed.
- If you were prescribed antibiotics, make sure you finish the whole course.
- If you were prescribed Ciprodex drops, you can apply 4 drops into the operated ear twice a day after the first post-operative visit for 4 weeks.

Wound Care

- You can remove the cotton ball in the ear on the morning after surgery.
- DO NOT get water in the ear until after the first post-operative visit.
- A cotton ball with Vaseline on it is a great water barrier.
- If you have an incision behind the ear, apply polysporin ointment twice a day to the incision for 1 week.
- Do NOT wear any hearing aids until instructed to do so.
- DO NOT USE Q-TIPS ever.

Special Precautions

- You may experience dizziness or vertigo for a few days after surgery. Gravol (available over the counter) is a great medication for this.
- Your ear will be blocked for 4-6 weeks. This is normal.

When To Seek Medical Attention

- If you experience severe pain or fevers;
- If your incision becomes red and hot and swollen;
- If you experience severe dizziness or vertigo;

If you experience any of the above symptoms, please call the office between 830am-430pm or go to your local emergency department.