

PHYSICIANS:

John M. Ryzenman, MD

POST-OPERATIVE INSTRUCTIONS
FOR EAR SURGERY

1. Please call the doctor's office (614-891-9190) and make an appointment to see him three (3) weeks from the date you are discharged from the hospital, unless instructed to do otherwise.
2. Call the office immediately if discharge from the ear persists longer than (1) week or develops an odor. If you experience **increasing** pain 3-4 days after surgery or have a temperature greater than 101 F, please notify your doctor.
3. DO NOT BLOW YOUR NOSE FOR TWO (2) WEEKS following surgery. Any accumulated secretions in the nose should be expectorated through the mouth to avoid infecting the ear. If you sneeze, do so with your mouth open during the sneezing episode.
4. Avoid heavy lifting (>30 lbs), straining or significant exertion till cleared by your doctor.
5. If applicable, the ear dressing may be removed the day following surgery unless instructed otherwise. Call the office if significant swelling or redness develops around the incision.
6. If you were told you have packing deep in the ear canal, you may change the outer soiled cotton ball as often as needed, but leave the deeper packing inside. Start applying the eardrops to the inner packing as instructed three days prior to your appointment with the doctor.
7. Water should be kept out of the ear until it is healed. Unless instructed otherwise, the hair may be shampooed one (1) week following surgery, providing water is not allowed to enter the ear canal. This is avoided by putting a plug of cotton in the canal and massaging Vaseline into the cotton.
8. Bloody or watery drainage from the incision area may occur during the first TEN DAYS FOLLOWING SURGERY. If this happens, tape a piece of gauze behind the ear and call our office.
9. A full sensation with **popping sounds**, may be noticed during the healing period.
10. If you have had surgery to improve your hearing, do not be concerned regarding your hearing for a period of six to eight weeks following surgery. Your hearing will be evaluated at that time.
11. You may experience numbness of the ear if an incision was made behind the ear. This is to be expected and typically improves in 3-6 months.
12. Should you develop a cold or become ill following surgery, please notify your **family doctor**.
13. In the case of emergency, after hours or on weekends, the Doctor can be reached by calling our office (614-891-9190, then press 9 to page the physician on-call). Please leave a detailed message with your name and callback numbers.