



## Virginia Ear, Nose, & Throat Associates

### Ear Surgery Post Operative Instructions

#### **1. DIET**

Start a soft diet and progress to usual diet as tolerated, unless otherwise directed. It is important to remember that good overall diet and health promotes healing.

#### **2. ACTIVITY-** Your activities should be limited as follows until your doctor gives you permission by your doctor:

- A. Avoid lifting heavy objects and any high impact activities
- B. No not blow your nose
- C. Do not allow water to enter your ear\*
- D. Do not drive a vehicle or travel long distances (especially to areas of altitude)
- E. Do not travel by plane

\* To wash your hair without getting water in your ear we recommend having a hair dresser or friend wash it over a sink. If water does get into the ear, we recommend using a hair dryer to dry the ear out.

#### **3. WOUND CARE**

- A. You may have a Glasscock dressing (plastic cup with Velcro straps) that covers the ear.
- B. The Glasscock dressing can be removed the morning of day two after the surgery.
- C. Drainage is expected, so the dressing will probably be bloodied.
- D. It isn't necessary to use the Glasscock dressing after day two, but some patients use it without gauze while sleeping or while out in public, for extra protection.
- E. The ear canal will have a sponge type packing that has been stitched right inside the opening of the canal. This will be removed at your first follow-up appointment.
- F. If the sponge falls out before your follow-up appointment, do not put it back into the ear canal.
- G. Your first follow-up appointment will be about 1 week after surgery.
- H. You will be given ear drops that you should start using on day two when the Glasscock dressing is removed. Apply the drops directly onto the sponge that is in the ear.

#### **4. THINGS TO BE CONCERNED ABOUT**

Please call the office for any of these changes:

- A. Continuous bleeding from the ear after the Glasscock dressing is removed
- B. Fever of 101 or higher
- C. Pain that doesn't respond to medication
- D. Severe dizziness or dizziness that persists after the two weeks from surgery
- E. Nausea or vomiting

If you have any questions or concerns following your surgery do not hesitate to contact our office at

**804-484-3700**

Virginia Ear, Nose & Throat Associates' office hours are 8:00 a.m. to 4:30 p.m. You should be able to reach us after hours by calling the regular office number. If for some reason you are not able to reach our "after hours" service through this main number you may call them directly at 257-5140.