1. DO NOT BLOW YOUR NOSE for approximately 3 weeks. Any accumulation in the nose may be gently drawn back and expectorated through the mouth. After 3 weeks, you may begin to GENTLY blow your nose but stop if there is any ear pain or pressure.

2. If it is necessary to sneeze, do so with your mouth open.

3. DO NOT hold your nose and blow air through the eustachian tube into the ear.

4. A full sensation in the ear with popping sounds may be noticed during the healing period.

5. Try to avoid altitude changes for 3 weeks after surgery. If necessary, use chewing gum to stimulate swallowing on altitude changes when traveling.

6. Water should be kept out of the ear for approximately 6 weeks after surgery, unless otherwise advised by your doctor. When shampooing the hair, cotton coated on the outside with Vaseline may be placed in the opening of the ear canal or you may use an ear plug that is designed for water protection. You may, however, be given a prescription for antibiotic ear drops to begin using 10 days after surgery; continue to keep all other liquids/moisture out of the ear.

7. Bloody or watery discharge from the ear may occur during the 3-week healing period. Drainage of pus must be reported to the office immediately.

8. If you develop a cold, use Afrin or Neosynephrine nose spray 2 sprays per nostril every 12 hours for 3 days only. If you do not have high blood pressure, also use over the counter decongestants such as Sudafed.

9. Progress of hearing improvement is variable; your hearing will be tested about 6-12 weeks after surgery.

10. A small piece of cotton may be placed in the opening of the ear to prevent drainage on the pillow at night.

(continued on back)
11. If you have stitches behind your ear, do not get them wet for 48 hours after surgery. Keep antibiotic ointment (Neosporin, Bacitracin, or equivalent) on the incision for 10 days after surgery. Call if the incision begins to get more red, swollen, or drains pus. Avoid sun exposure to the incision for 6 weeks.

12. Generally you can resume full activity 3 weeks following surgery. You may return to work or school in one week unless otherwise advised by your doctor. No heavy lifting (greater than 10 lbs), straining, or vigorous activity for 3 weeks.

13. If you experience weakness or paralysis of your face on the same side as your surgery or if you have any questions, please contact our office at 707.462.8855.