

After Your Ear Surgery



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If you had ear surgery to be able to hear better, you may not have any change in your hearing for many weeks until the swelling goes down or the packing taken out of your ear.

Here are some things you should do to take care of yourself:

- Do not move your head quickly or suddenly.
- A small amount of blood may drain from your ear for the first 24 hours. This is normal.
- You may feel sick to your stomach (nausea) and be dizzy for the first 24 hours after your surgery. If these feelings don't go away after that, tell your health care provider.
- Keep your ear dry - do not let water get in your ear or on the bandage over your ear. If you wash your hair be sure water does not get in your ear.
- Leave your bandage on. Do not change it or the cotton balls unless your health care provider tells you that it is OK to do this.



For the first week:

- Do not blow your nose for the first 3 or 4 days.
- Try not to cough or sneeze. If you have to, open your mouth while you cough or sneeze. This keeps the pressure the same on both sides of your ear drum.
- Do not pick up anything that weighs more than 10 pounds (about the weight of a gallon of milk).
- Sleep with your head up on 2 pillows.



**Call the Nurse Line (214) 266-8777 for any questions or concerns.
Or you can go to the Emergency Room.**