

After Ear Surgery

How long will I be in the hospital?

- Your surgery is booked as a same-day surgery. This means that you will be discharged from the hospital and can go home after your surgery. You will not stay in the hospital overnight.
- **You must have a responsible adult to take you home and stay with you overnight.**

How long do I have to stay in Halifax?

If you are travelling for more than 2 hours to get to the hospital, we recommend that you stay in the Halifax area for the night after your surgery. You can return home the next day.

When can I go back to work?

- When you can go back to work depends on your job.
- **If your job has physical demands** (like heavy lifting, pushing, pulling, or straining):
 - › You should take 3 weeks off after your surgery.
 - › You may be able to go back to work sooner with a modified (changed) work schedule and workload, with no physical demands.
- **If your job does not have physical demands:**
 - › You can go back to work 1 week after your surgery.

When can I fly on a plane?

- You may fly 3 weeks after your surgery.
- If you need to travel on a plane sooner than 3 weeks, check with your surgeon first.

When can I remove the cotton ball from my ear?

- The cotton ball is there to catch any bleeding from your ear.

- You will need a supply of cotton balls at home. At first, you may need to change the cotton ball every few hours. The bleeding should slow down and then stop fully within 3 to 4 days.
- Once the bleeding has fully stopped, you can remove the cotton ball and not replace it.

How long do I use ear drops after surgery?

Before you leave the hospital, you will get a prescription for antibiotic ear drops to use for one (1) week after your surgery. You can fill this prescription at your local pharmacy.

When can I shower?

- You can shower right away after your surgery, but **do not get water in your ear**. Be sure to keep the ear dry. Use a cotton ball with Vaseline® while in the shower. Change the cotton ball in your ear if it gets wet.
- A tub bath is best until after your follow-up appointment with your health care provider. **Keep your head out of the water while you are in the bath.**

When can I drive?

We recommend waiting for 2 weeks after your surgery before driving.

Call Dr. Shoman's office at 902-473-5975 or go to the nearest Emergency Department if you have any of these symptoms:

- › A lot of bleeding (soaking more than 1 cotton ball per hour) or swelling and pain that get worse quickly
- › Sudden hearing loss
- › Facial weakness (facial muscles droop or feel weak)
- › Dizziness that does not get better over the first week, or gets worse

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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