



Patient & Family Guide
2019

After Ear Surgery

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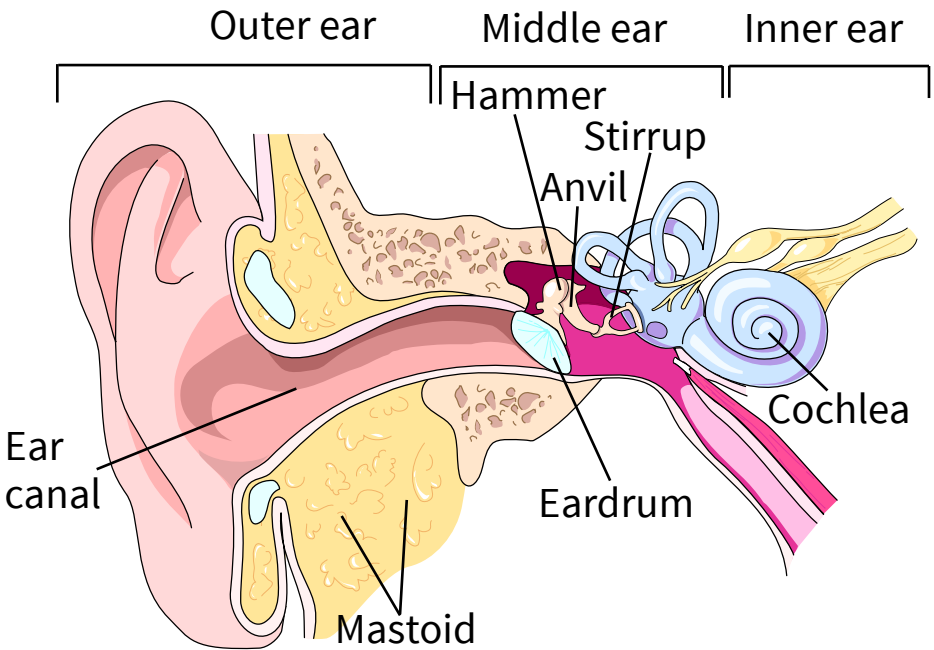


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After Ear Surgery

This pamphlet is about what to expect after ear surgery and how to care for yourself at home.

During your hospital stay, staff members are always available to help you.



**What are your questions?
Please ask. We are here to help you.**

Types of surgery

Tympanoplasty

This surgery will fix a damaged eardrum.

Tympanomastoidectomy (mastoidectomy)

This surgery will clean out the mastoid and middle ear, taking out diseased tissue or skin that can break down parts of the ear.

Ossiculoplasty

This surgery tries to give you back your hearing by repairing the bones in your ear.

Stapedectomy/Stapedotomy

This surgery is a special kind of ossiculoplasty. Surgery bypasses a fixed stirrup (stapes) bone to bring back hearing.

Canaloplasty

This surgery widens a narrow ear canal.

Bone conduction implant

A device that lets vibrations pass directly to the inner ear through the bone that is attached to the skull.

Middle ear implant

A device is implanted that moves the bones of hearing to strengthen the sound vibrations going into the inner ear.

Cochlear implant

This surgery tries to give you back your hearing by placing an electronic implant in your inner ear which sends sound signals to your brain.

After surgery

- You will have a bandage over your ear. We will take it off the day you go home.
- The nurse might ask you to smile, pucker your lips, close your eyes, lift your eyebrows, and wrinkle your forehead. This is to check a nerve in your face.
- Call the nurse before you get up for the first time. You may still feel drowsy and dizzy. The nurse will help you get up.
- Your intravenous (IV) will be taken out when you are drinking well and not feeling sick to your stomach.
- If you are feeling sick to your stomach, ask the nurse for medication.

- Some discomfort after surgery is normal. We can give you pain medication every 4 hours. Ask your nurse for medication if needed.
- Do not blow your nose or try to pop your ears.
- Cough and sneeze with your mouth open.
- If you have a strong spinning feeling, tell your nurse.

At home

Safety

- A family member or friend **must** take you home. **You will not be allowed to go home unless you have a responsible adult to take you home.**

Medication

- Your doctor will give you a prescription for pain pills.
- **Do not drink alcohol while taking pain pills.**



You may:

- Cover your ear and stitches with a facecloth when you wash your hair.
- Step out of the shower and use a wet facecloth to clean behind your ear over the stitches.
- Apply a small amount of Polysporin® to your stitches for one week after surgery.

- Use cotton balls to catch drainage, but be very careful not to pull out any packing from your ear canal when removing the cotton balls.
- It is best to leave your ear open to the air so it can heal.
- Make sure that your glasses do not dig into the incision behind your ears. If needed, remove the arm of your glasses on the operated side.

Followup

- Your doctor will remove the ear packing and any stitches about 2 weeks after surgery.
- You can return to work when your doctor says it is OK.

Do not:

- › put any objects into your ear
- › fly or drive until your doctor says it is OK
- › jog, run, or play contact sports until your doctor says it is OK
- › strain while lifting or having a bowel movement – avoid constipation (not being able to poop). Drink lots of water each day.
- › remove the ear packing
- › pick at your stitches

It is normal:

- › for your operated ear to stick out a bit
- › to have slight bruising around your eyes and lips
- › to have slight swelling of your face on the operated side
- › to have a change in taste on the same side of your tongue as your surgery
- › to have numbness of your ear and face on the operated side (this is not paralysis)

If you have any questions, please ask your nurse or doctor.

Call your doctor or go to the nearest Emergency Department if you have:

- › a severe (very bad) spinning feeling
- › paralysis (can't move) on one side of your face
- › spreading pain, redness, and swelling
- › a lot of drainage that is green or smells bad
- › severe pain that isn't helped by over-the-counter painkillers
- › fever over 38° C/100.4° F

