

# 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

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