



Balance and Ear Center Inc.

Post op instructions for patients undergoing Chronic ear, Middle ear or Stapes surgery

1. Do not blow your nose for three weeks after surgery. If you sneeze or cough do so with your mouth open
2. Avoid heavy lifting (over 10 lbs) straining or bending over for three weeks following surgery.
3. Keep your head elevated as much as possible. Sleep and rest on two or three pillows if possible.
4. There will be packing inside your ear canal, cotton in the bowl of your ear and a bandage around your head when you leave the hospital. You may remove the bandage around your head and the cotton ball from the bowl of your ear but leave the inside packing in your ear canal. Apply the drops directly onto this packing if prescribed by the doctor. It will absorb in and will be removed by the doctor at your follow up visits.
5. Do not get water in your ear. If showering or washing your hair place a piece of cotton coated in Vaseline in the ear canal to seal it. If there is a separate incision keep this dry until your first post operative visit.
6. If you wear glasses either remove the arm on the operated side or make certain that it does not rest on the incision behind your ear for one week.
7. Beginning one day after surgery try to leave the cotton out of your ear as much as possible unless there is significant drainage.
8. Some drainage from your ear canal may occur after surgery. If there is a separate incision some drainage may occur from this area also. If the drainage is profuse or develops a foul odor please call.
9. Popping sounds, a plugged sensation ringing or fluctuating hearing may be noticed in the ear during the healing.
10. Avoid air travel for three weeks following surgery.
11. If you should notice any swelling, redness or excessive pain, please call.
12. Some dizziness may occur after surgery. If it becomes severe or is associated with nausea or vomiting please call.
13. Please call The Balance & Ear Center, inc. to make a post op appointment to be seen within 7-10 days following surgery unless stated otherwise by your physician.

Should any question or problems arise please call our office

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