What should I avoid after my surgery?

Myringotomy with tube insertion:
- Do not blow your nose.
- Avoid getting water into your outer ear canal. You will require earplugs or a waterproof headband after surgery if you are going to submerge your head under water.

All other ear surgery:
- Do not blow your nose.
- Lie flat in bed for 24 hours with operative ear up, then get up gradually.
- Avoid heavy lifting and sports.
- Avoid sudden movements, e.g. bending, turning quickly.
- You may shower or bathe, keeping your dressings dry.

When should I call the doctor?

Call the doctor if you:
- Notice any signs of infection such as:
  - increasing redness of your incision
  - increasing swelling around your incision
  - any drainage from the incision
  - fever
- Develop facial weakness.
- Have increasing dizziness

If you cannot reach your surgeon, go to the Emergency Department of the nearest hospital.

References:
1. Instructions for Surgery Patients - Economou & Economou
2. E.N.T. Department - RVH
What is ear surgery?

The ear has three parts to it:

1. The outer ear described the part that is most visible as well as the canal leading inward to the eardrum.
2. The middle ear consists of three little bones that are in a small chamber the size of a cranberry.
3. The inner ear attaches to the auditory nerve, which sends vibrations along the auditory nerve to the brain. The brain interprets these vibrations as understandable sound and words.

What risks are involved with ear surgery?

As with any operation, complications are always possible. With this type of surgery complications could include bruising, swelling, bleeding, infection and diminished hearing.

How do I prepare for ear surgery?

- Do not eat after midnight before your surgery.
- Bathe or shower the morning of your surgery.
- Take all your regular a.m. medications at 6:00 a.m. with a sip of water unless instructed otherwise.
- If you are on diabetic or blood thinning medications, check with your doctor about stopping the.
- You must arrange for a responsible adult to accompany you home and stay with you overnight.

What hospital process can I expect?

When you arrive for your surgery, you will register with a clerk in the Surgical Services Department. Once you are registered, you will be asked to change into a hospital gown and housecoat.

A nurse will then check your blood pressure, pulse, height and weight. Your health history will also be reviewed.

You will be taken to the waiting area by the operating rooms. One family member may remain with you while you wait. At this point you will meet the Anesthesiologist who will be in charge of your care during the surgery. An Operating Room nurse will also come out to meet you and accompany you to the O.R.

Following the procedure you will be taken by stretcher to the Recovery Room (Phase 1) where your blood pressure, pulse and breathing will be monitored closely. When you are awake and stable you will be transferred to Surgical Day Care (Phase 2). Your blood pressure, pulse and breathing will be checked regularly, but not as frequently in this area.

Once you have taken some fluids and walked to the bathroom and urinated, your IV will be removed. The doctor will be notified to come and see you before your discharge.

You will be given specific instructions to follow at home.

What will I experience following the procedure?

- Any pain and discomfort will be treated with medication. When you go home it is important to take your pain medication as prescribed by your surgeon.
- Dizziness occurs routinely.
- Clear fluid drainage from the ear is expected after myringotomy with tube insertion.
- Reinforce dressings with gauze as necessary over any incision. This is common in mastoidectomy.