

Wentworth Health Partners Head & Neck Specialty Group of NH

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Office Hours: Monday - Friday 8:00am - 5:00pm
www.headandnecknh.com

INSTRUCTIONS FOR HOME CARE AFTER EAR SURGERY

Avoid blowing your nose, coughing, and sneezing. If you do sneeze, cough or blow your nose, open your mouth.

Do not strain or lift. If you must pick an object up off the floor, bend at the knees. You may **NOT** do housework, yardwork or return to regular working duties until otherwise instructed. Do not exercise until advised (usually 3 weeks after surgery). Avoid lifting more than 15-20 pounds for the first week if advised by the doctor.

Keep your ear dry. You may replace the cotton ball and Band-Aid dressing if it gets soiled. Be careful not to remove the packing within the ear canal.

At night, sleep with three pillows under your head. **Do not lie flat.**

If you notice increased dizziness, bloody or purulent (pus) drainage, or increased pain, please call the office. Some light bleeding or discharge can be normal.

DO NOT SMOKE AND DO NOT DRINK ALCOHOL WITH YOUR PAIN MEDICATION!

Apply antibiotic drops to the affected ear(s) as directed by the physician.