

WHAT TO EXPECT

Pain

Pain is usually mild to moderate. Sometimes, temporary numbness or discomfort may occur around the ear.

Fatigue

The general anaesthetic, surgery and medications may cause you to feel fatigued. You should rest at home for the first week. Avoid other exercises until your surgeon permits it. You will need one week off work to recover.

Blocked, runny ear

Your ear will be packed with a dressing to assist with the healing. It will be blocked for the time the dressing is in your ear, which may be several weeks. The ointment on the dressing and the healing ear canal may lead to discharge from the ear. This is best absorbed by a cotton ball, replaced as needed.

WHAT TO DO

General Care

Rest at home and keep your head elevated (even when sleeping) for the first 2 days. Avoid getting your ear wet, water should be kept away from your ear canal until your surgeon advises otherwise. Do not fly until permitted by your surgeon. Avoid nose blowing and do not try to clear/pop ears. You may sniff if necessary.

Ear wound

Any incisions around the ear, either behind or in the folds at the front of the ear will have dissolvable sutures and some surgical tape which can be left in place and allowed to fall off naturally in 1 – 2 weeks. Keep the external wound dry until it has healed (at least the first 2 weeks). The ear canal packaging will need to be kept dry for longer.

Take Prescribed Medications

Antibiotics may uncommonly have side effects such as nausea, vomiting, diarrhea or rash.

Fluids and oral intake

It is important to drink fluids and stay well hydrated in the post-operative period. A normal diet can be consumed.

Pain relief

Should you require pain relief, start with paracetamol (such as pandol). If this is insufficient, the next step could contain codeine (such as panadeine). If this is still insufficient, contact your surgeon or see your GP.

Aspirin or non-steroidal anti-inflammatory drugs (such as nurofen, brufen, indocid, Naprosyn, voltaren, Mobic, Celebrex, naproxen) should be avoided, due to the risk of bleeding.

Post-Operative Appointment

Post-operative follow up will be organised for 2 weeks after surgery to check progress, unless otherwise arranged.

IMPORTANT INFORMATION

Attend your nearest Emergency Department for serious complications e.g bleeding or prolonged vomiting or drowsiness.