

## Ear Surgery

The following instructions will help you know what to expect in the days after surgery. Please call if you have any questions or concerns.

**Day 1** – Overnight some blood will ooze out of your ear. This is normal. Change cotton ball in the ear as required. This bleeding may last for a number of days. There may be a bandage around your head called a head bundle – if so this will remain on overnight and can be removed the next morning.

**At night** – Take some pain relief when you are about to go to sleep on the first night. This will ensure that you have a comfortable sleep.  
When you go to bed lie on a towel over the pillows to catch any ooze from the ear. It may be uncomfortable to sleep on the side operated on

**Day 2 – 7** – You may have some ooze from the ear over this time. Pain can be normal and is different in every patient, take pain relief as required. Your heading will be reduced in the ear operated on. There will be packing in the ear that will be removed at your post-operative appointment, if any falls out do NOT worry as this is not a concern.

**Further follow up** – Dr Anderson reviews each ear case 2 weeks post-operatively. At this appointment the packing will be removed from your ear.  
If you have any concerns or change in how you feel don't hesitate to contact the office and Dr Anderson will see you in a timely manner. He and the staff are here to help and are more than happy to see you sooner in the post-operative period if required.

### **Pain relief?**

In general Ear surgery is not an overly painful operation. Most people have a feeling of fullness post operatively but don't feel they are in significant pain.

Take regular pain relief for the first 24 hours post operatively and then as needed after that.

Paracetamol [Panadol] – take this regularly for the first 24 hours regardless of whether you are in pain or not.

Ibuprofen [Nurofen] – You can take ibuprofen if the paracetamol alone is not providing effective pain relief for you (and provided you have no contraindications – allergy, asthma, diuretics and some antihypertensive medications)

### **What should I eat?**

You can eat and drink anything you like.

### **What are the activities I shouldn't do?**

- No heavy lifting – 2 weeks
- No strenuous exercise – 2 weeks
- No nose blowing, sneeze with an open mouth – 2 weeks
- No flying – 6 weeks



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**How much time do I need off work?**

As a general rule most people have two weeks off work. You can go back to work at any time, however, you may not feel up to it for the first week.