Post-operative information after an ear operation

When you return home from hospital, you will be given an appointment for a new dressing on your ear 6-8 days after the operation. Until then the same instructions will apply as those during your hospital stay; that is to say, that you mostly rest and take easy walks.

If you have been given instructions to apply ear drops the day before your return visit:
1. Remove the outer dressing.
2. Do not touch the tamponade in the ear canal.
3.Apply 10 drops of Terracortril with Polymyxin B to the tamponade in the ear canal.
4. Place a twisted compress behind the ear and two more over it, and then put the headband in place.

If you have been given instructions to wash your hair at home in the morning of the day of your return visit:
1. Remove the outer dressing.
2. Do not touch the tamponade in the ear canal.
3. Cover the ear with the dressing material which you were given to take home.
4. Wash your hair. Lean your head to one side with the operated ear facing upwards so as to prevent water from entering the ear.
5. No outer dressing will be needed thereafter.

Alternatively, you might have been given instructions to wash your hair in the hospital ward.

After you have been given the new dressing, which takes place about a week after the operation, the following applies:
1. The ear should be exposed to air and ventilated in order to heal. Even if it is windy, cold or raining outside, you should not cover the ear in any particular way but allow it to benefit from exposure to fresh air.
2. The ear should be protected from water when showering or taking a bath etc. primarily during the period before your next return visit; you are to consult your doctor on how to do this. In conjunction with your second return visit you will be told whether your ear will tolerate water.

Common and normal symptoms in conjunction with your return home are as follows:
1. Bouts of aching with periods of no pain in between.
2. Significantly reduced hearing.
3. Different kinds of noise in your ear.
4. Feeling your pulse in your ear at times.
5. Feeling that your outer ear is numb.
6. A distorted sense of taste on the side of your tongue which is closest to your operated ear.
7. Feeling that there is fluid in your ear.

All these symptoms usually disappear during the period before your second return visit.

**Instructions for ear drops** after your first return visit, when the dressing has been removed:

Terracortril with Polymyxin B, 5 drops three times a day for two weeks, and thereafter 5 drops at night time for a further week; i.e. the entire period of treatment will last three weeks.

When applying drops in your ear, these will trickle back out to some extent, and will initially contain traces of blood because of the wound in the ear canal. **The ear should then be dry** once you have finished using the ear drops. Dry wax or dried up scabs from the wound may sometimes be discharged from the ear canal, and this is normal.

**Instructions for recovery:**

To help you get your strength back, you should take longer walks, go on bicycle rides and gradually improve your level of fitness during the time you are off sick. Avoid “standing on your head”, strenuous physical activity and heavy lifting.

Until your doctor provides his or her consent for you to do otherwise, you should:

- Avoid exposing your ear to water
- Avoid balancing your inner ear pressure or blowing your nose
- Avoid flying

If any of the symptoms or problems you had at the time of your return home should get worse or if new symptoms appear, you should get in touch straight away; see details below:

**Mälarsjukhuset Hospital:**

- Weekday working hours: the ENT Clinic, tel: 016-10 36 05
- All other times: Ward 82 Ö, tel: 016-10 39 96

**Nyköpings lasarett:**

- Weekday working hours: the ENT Clinic, tel: 0155-24 51 73
- Weekdays after 3 pm and night-time hours Monday - Thursday: Nyköpings lasarett, tel: 0155-24 50 00
- Friday from 2 pm to Monday 8 am
and all weekends and public holidays: Ward 82 Ö,
Mälarsjukhuset Hospital
tel. 016-10 39 96