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## DISCHARGE INSTRUCTIONS FOR EAR SURGERY

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### **FOLLOWING SURGERY**

For your safety: do not drive, take public transportation, operate machinery, drink alcohol, or make any legal decisions or business transactions for 24 hours after surgery. It is normal to feel dizzy and sleepy after surgery.

### **DIET**

Start with liquids, if no nausea, resume normal diet.

### **ACTIVITY**

Restrict activity today, light to normal activity tomorrow with no exertion. Avoid altitude changes.

### **BATHING**

OK-- no showers. Dry Ear Precautions.

### **GENERAL INSTRUCTIONS**

REPORT THE FOLLOWING TO YOUR DOCTOR IMMEDIATELY: Temperature of 101° or over, chills, excessive bleeding, or swelling, severe dizziness or facial weakness. Some slight swelling, bruising, and spotting on the dressing are normal.

### **SPECIAL INSTRUCTIONS**

1. No nose blowing.
2. Sneeze with mouth open.

Note: Operated ear needs to be kept dry. No water in the ear or on the incision until otherwise instructed by your doctor.