

CHESTER COUNTY OTOLARYNGOLOGY AND ALLERGY ASSOCIATES

A DIVISION OF PINNACLE EAR, NOSE AND THROAT ASSOCIATES

Adult and Pediatric Ear, Nose and Throat and Allergy Evaluation and Treatment

Andrew V. Chuma, MD
Michael A. Hoffmann, MD
Michael J. Ward, MD
Timothy J. Downey, MD

Head and Neck Cancer Surgery
Thyroid & Parathyroid Surgery
Sinus Surgery
Allergy Evaluation and Treatment
Audiology and Hearing Aids

POST OPERATIVE INSTRUCTIONS AFTER EAR SURGERY

1. Please call the office if you do not have postoperative appointment.
2. Rest as much as possible for the first few days. For the first week, you should limit yourself to housebound, restful activities. You should plan to take one week off of work/school and a second week of non strenuous activity (no gym, heavy lifting, straining, bending over.....). These activities can lead to bleeding and more discomfort.
3. DO NOT blow your nose. This will raise the pressure in your ears and lead to bleeding or may affect any reconstruction, which may have been done. Please remember to sneeze with your mouth open.
4. DIET. Fluids are extremely important after surgery. Dehydration will lead to increased pain and slower recovery. If you can eat solids, please go ahead and eat what you wish. Avoid excess salt and caffeine.
5. PAIN control is important after surgery. Everyone responds to surgery differently. You may not need anything more than Tylenol, however if your pain is not relieved with the medicine prescribed, call the office. DO NOT TAKE Aspirin, Motrin, Ibuprofen, Alka-Seltzer or compounds containing these medicines since they can lead to increased bleeding after surgery. Tylenol is OK. If you have any questions regarding which medications to take, please call the office anytime. Sleeping with your head elevated may also keep swelling to a minimum, which will alleviate some pain. EAR PAIN is very common after surgery.
6. Dizziness, nausea and vomiting are common after surgery. You may have been given a prescription for an anti nausea medicine (a suppository) and a medicine to lessen dizziness. Fill these prescriptions only if these symptoms persist after you go home.
7. No flying is allowed for at least 6 weeks.
8. If you have ANY problems, questions or concerns before or after your surgery, please call the office.

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