

Barry S. Tatar, M.D.

Board Certified Otolaryngology
specializing in the medical & surgical treatment of the ear, nose, throat & sinuses

8178 Lark Brown Rd. Suite 101
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410.799.3940 fax 410.799.3944
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EAR SURGERY POSTOPERATIVE INSTRUCTIONS

Hearing:

It is common to have a muffled decreased hearing after surgery. If there is no hearing at all, call Dr. Tatar.

Dizziness:

It is common to have slight dizziness after surgery. If the dizziness is severe, take the prescribed valium/diazepam. Transderm Scop patches can be changed every three days if needed. Nausea can be controlled with Phenergan as prescribed.

Nose Blowing:

Avoid blowing the nose or sneezing with the mouth shut for one month.
Avoid playing wind or brass musical instruments.

Water:

DO NOT ALLOW WATER IN THE EAR FOR ONE MONTH. Use Vaseline coated cotton balls to keep water out in the shower. It is okay to wash the hair as long as the ear canal stays dry.

Ear Drops:

Start ear drops on the morning after surgery. Remove any dressing and the bloody cotton ball. Lay with the operated ear facing up and place the prescribed ear drops in the ear as directed. Keep the head in this position for a few minutes, then put in a fresh cotton ball just at the ear opening.

Fever:

This is very rare. If there is pus draining or swelling or increased pain, call Dr. Tatar.

Pain:

Pain is generally well controlled with the prescribed analgesic. Take as directed with food.

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Sleeping:

Sleep with the head elevated on at least one pillow. Sleep with the operated ear up.

Glasses:

Glasses can be worn as long as the stem does not irritate suture lines.

Sutures:

Sutures should be kept dry and cleaned daily with hydrogen peroxide, and a thin coating of bacitracin or triple antibiotic ointment can be applied.

Taste:

It is common to have some change in taste sensation, often a metallic taste after ear surgery. This is due to a taste nerve that runs through the ear. This usually resolves quickly, but can take much longer or be permanent in rare cases.

Facial Nerve:

The nerve that controls movement of the face runs through the ear. It is very rare, but it can be disturbed during ear surgery. If there is a drooping of the face or trouble closing the eye, call Dr. Tatar right away.

Activity:

Avoid exercise or contact sports that may injure the ear for several months. Do not swim until given permission by Dr. Tatar.

A postop visit is recommended in 1-2 weeks.

CALL DR. TATAR IF YOU HAVE QUESTIONS OR PROBLEMS: 410-799-3940