Ear Surgery
HOME CARE INSTRUCTIONS
FOR PATIENTS OF DR. HAYNES

It is very important that you follow these instructions carefully when you are at home. Taking care of yourself will help feel better, avoid complications, and heal more quickly.

Appointment after surgery
Unless you have been given other instructions, please call the doctor's office at (615) 322-6180 and make an appointment three weeks after your surgery.

Taking care of yourself
• For three weeks after surgery, do not strain yourself or lift anything that weighs over 5 pounds.

• For two weeks after surgery, do not blow your nose or sneeze. If you must sneeze, do it with your mouth open.

• You can expect bloody drainage and ointment to drain from your ear for 10 days after surgery. Change the cotton in your ear canal as needed 4 or 5 times a day.

• Keep water out of your ear canal until the ear is healed, generally 4 to 6 weeks after surgery.

• You may shower the next day after surgery. Before you shower, protect your ear canal by putting a cotton ball coated with Neosporin in your ear.

• It is common during the healing period to have a full sensation in your ear and popping noises. It is also common for your outer ear to swell slightly and turn slightly forward.

• If your surgery was done to improve your hearing, you should not expect to hear better for the first 6 to 8 weeks after surgery because it takes time for the inside of your ear to heal. Your hearing will be evaluated after 6 to 8 weeks.

Call (615) 322-6180 any time, night or day, if you have...
• pain in your ear
• redness around your ear
• severe swelling around your ear
• any questions