



## Information for Ear Surgery

- The following medications are **NOT** to be used 1 week before or after surgery unless directed by your doctor as they may cause bleeding. If you are not sure, ask the doctor.
  - Advil, Aspirin, Coumadin, Ibuprofen, Plavix, Ticlid, Warfarin, Xarelto, Eliquis
  - Anti-inflammatory or blood thinner medications
  - ANY herbal, naturopathic or homeopathic medications
- Try to remain quiet and restful for the first few days after surgery.
- A low-grade fever during the first 48 hours post-op is not unusual, and is best controlled with Tylenol (Acetaminophen). If it persists, contact the doctor's office.
- Some nasal or ear discharge and slight bleeding is to be expected for a few days after surgery. However, if you develop increasing ear pain or ear swelling, please contact the office or go to your nearest Emergency room/Urgent Care.
- Unless you are told otherwise, all stitches are self-dissolving and do not require removal.
- It is normal to have a small degree of numbness in or around the ear or nose due to the surgery. This is generally temporary.
- **DO NOT** blow your nose for 1 week after surgery – wipe your nose instead. If you have to sneeze, do so with your mouth wide open.
- **DO NOT** engage in ANY major physical activities that can increase heart rate or blood pressure for the first week after surgery.
- **DO NOT** fly for at least one month after surgery (check specifics with Dr. Rotenberg).
- You may wash your hair after surgery but try not to allow any soap or water to enter the ear canal (use common sense).
- It is normal for the ear to feel full or crackly for the first little while after surgery, and the hearing may feel temporarily down.