

DARIUS KOHAN, M.D.
863 Park Avenue, Suite 1E
New York, NY 10075

POST OPERATIVE INSTRUCTIONS - EAR SURGERY

The instructions listed below are meant to serve as a general guideline. They should not be used instead of instructions that have been given to you by your doctor.

1. Antibiotics – Please take the oral antibiotics according to your doctor’s instructions.
2. Ear Drops – Put four to five drops in the operated ear two times per day. Start the drops as instructed by your doctor.
3. You may take Tylenol tablets as necessary for pain – one to two every four to six hours.
4. You may take Tylenol with Codeine #3, Ultracet, or Vicodin as prescribed – one to two every four to six hours as needed. You should take as little of this medication as possible. Regular Tylenol is preferable.
5. **DO NOT TAKE ASPIRIN FOR PAIN. ASPIRIN LEADS TO POST-OPERATIVE BLEEDING.**
6. Other medications include:
Antivert 25mg – one tablet every eight hours as needed for dizziness.
Compazine – suppository – maximum 25mg every eight hours.
7. Change the cotton in your ear canal three times a day or as often as necessary. There will be some blood on the cotton. This should gradually decrease. When there is no drainage, you may leave the cotton out and leave the ear open to the air.
8. There may be one small stitch behind the ear on the lobule. It should be left undisturbed. There are steri-strips (Band-Aid like) behind the ear. The area can be gently washed.
9. **DO NOT** wash your hair until after your first post-operative visit. You may use a “dry shampoo.” **DO NOT** color your hair for two weeks.
10. You may have some pain chewing. This is expected. Begin with a soft diet. Your diet is unlimited.
11. **DO NOT** blow your nose vigorously. This may disrupt your healing. You will note popping in your ear when chewing or swallowing. This is normal and expected.

12. No strenuous activity (jogging, tennis, weight lifting, etc.) for three weeks after surgery. No airplane flights for three weeks after surgery.
13. You may return to work in one week.
14. You may restart your regular medications immediately after surgery.
15. Keep the ear dry. Swelling around the eyes and lips is normal due to the facial nerve monitor.