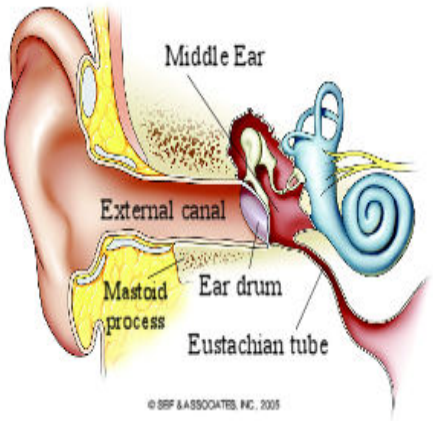
After Your Ear Surgery

After surgery, you may not hear better for several weeks. You may have to wait until the swelling goes down or the packing is taken out of your ear.



HOME CARE

- **Do not** move your head quickly or suddenly.
- A small amount of blood may drain from your ear for the first 24 hours. This is normal.
- You may feel sick to your stomach (*nausea*) and be dizzy for the first 24 hours after your surgery. If these feelings do not go away in 24 hours, tell your doctor.
- Keep your ear dry. **Do not** let water get in your ear or on the bandage over your ear. If you wash your hair, be sure water does not get in your ear.
- Leave your bandage on. **Do not** change it unless your doctor tells you that it is okay.
- Only take medicine as directed by your doctor.

FOR THE FIRST WEEK

- **Do not** blow your nose for the first 3 or 4 days.
- Try not to cough or sneeze. If you do, open your mouth. This keeps the pressure the same on both sides of your ear drum.
- **Do not** pick up anything that weighs more than 10 pounds (about the weight of a gallon of milk).
- Sleep with your head propped up on 2 pillows.

GET HELP RIGHT AWAY IF:

- You feel more pressure in your ear.
- There is bleeding or pus draining from your ear.
- You have a fever lasting more than 24 hours.
- You have a fever of 102°F (38.9°C) or higher.
- Your ear hurts much worse.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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