



POST-OP INSTRUCTIONS: EAR SURGERY

DRESSINGS

- Keep your incisions clean and dry for the first 24 hours after surgery. After that, you may remove the band-aids and shower.
- Apply antibiotic ointment to the incision daily until your first post-operative appointment.

MEDICATION

- Pain meds should be taken with food to avoid stomach upset. Do not drive if taking pain meds.
- For patients with normal kidney function, we recommend taking 1000mg of Tylenol every 8 hours and 600mg of ibuprofen every 6 hours for 3 days post-op.
- Do not take vitamin E, fish oil, or garlic pills for 2 weeks after surgery.

ACTIVITY

- Please begin to move around as tolerated. During waking hours, walk around every 2-3 hours to help prevent blood clots for the first 2-3 days after your surgery.
- Keep your head elevated for the first week after surgery to minimize swelling.
- No strenuous activity for 3 weeks after surgery.

AVOID

- Do not smoke, vape, use nicotine gum/patches, or expose yourself to secondhand smoke for at least 6 weeks after your surgery.
- Avoid direct sunlight or apply SPF to your incisions for 6 months after surgery as exposure may cause darkening of new scars.

FOLLOW-UP

Attend your scheduled post-operative visits.

CALL OUR OFFICE if you get a fever of over 100°F or if your incision becomes red or hot to the touch.