

MAJOR EAR SURGERY

(Cochlear implant, Mastoidectomy, Tympanoplasty, Exotosis, Stapedectomy)

POST OPERATIVE INSTRUCTIONS

- Some discomfort in the ear can be expected after your surgery. For pain relief take Panadol or Panadeine Forte as has been prescribed
- You can eat and drink whatever you like. Avoid excessive alcohol
- Antibiotics are commonly prescribed to reduce the chance of infection. Please take your full course of antibiotics
- It is very important to avoid getting water into the ear canal or wetting the incision lines (either in front of or behind the ear). When showering place a small cotton wool ball with Vaseline into the ear and change it after showering
- Your sense of balance may be slightly disturbed for a few days following the surgery. If this is the case it is better to avoid driving for a few days.
- It is recommended that you have 7-10 days off school or work and no sport or heavy lifting (more than a chair) for 2 weeks

Follow Up

- If you have not already booked a follow up appointment, please phone the rooms and book an appointment for 10-14 days after the surgery.

Contact Numbers:

- A/ Prof Melville da Cruz (rooms) 02 9635 1030
- Westmead Hospital ph 02 9845 5555
- Westmead Children's Hospital 02 9845 0000