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Sinus Disorders
Pediatric ENT Care
Ear Injuries & Disorders
Thyroid Problems
Hearing Loss
Facial Plastic Surgery
Voice Disorders
Acid Reflux

Post-Op Mastoidectomy/Cochlear Implant Home Instructions

Diet

Patients may resume a regular diet without restrictions.
Many patients note a scratchy throat for the first day or two and may prefer soft foods initially.

Activity

Light activity is recommended. Avoid heavy lifting and straining for up to two months after surgery. Nose blowing should be gentle and minimal. Forceful nose blowing can damage surgery done to middle ear. Sneeze with mouth open. Elevating the head while resting or sleeping may be helpful.

Pain

Significant pain is uncommon after surgery. Your physician may prescribe a narcotic pain reliever. You may use this as prescribed for severe pain. Do not drive while taking narcotic pain medications. Acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) may also be used for mild-to-moderate pain.

Narcotics may cause constipation; stool softeners such as docusate sodium (Colace) can be helpful for this.

Wound care

Please contact our office if any redness, increased swelling, or increased pain develops at the surgery site. Patients may shower and wash hair but must keep ear dry for up to two months unless instructed otherwise by your physician. Please prevent water from getting in the ear. You may get water on the incision after 48 hours but do not submerge under water.

Expect numbness on the side of the surgery and numbness on the ear for several months. Many sensory nerves are cut during surgery but do grow back over time. As sensory nerves grow back, most patients have pain and tingling where it was previously numb.

Ear Packing/ Pressure Dressing

- You may be given an ear pressure dressing before leaving the hospital or surgery center. Wear for 72 hours and may then wear while sleeping only until follow up appointment.
- Remove the old cotton ball from your ear each morning. Place fresh cotton ball and place it in the ear. You can remove the pressure dressing and remove/replace blood tinged dressing as needed.
- If given eardrops, begin using 1 week after surgery unless instructed otherwise.
- Place drops in ear to loosen packing.
- Ear should drain over several days and packing will come out.
- Cochlear Implant patients may have packing in ear and may be instructed to use eardrops immediately after surgery until follow up.

(Continued next on next page)

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Post-Op Mastoidectomy/Cochlear Implant Home Instructions (continued)

Ear Pain and Drainage

- Thin brown or red tinged fluid will drain from the ear.
- You may notice a full sensation with popping sounds during the healing period in addition to sharp shooting pains post operatively, which is normal.

Hearing Loss and Dizziness

- Hearing loss is expected immediately post-op due to packing and or due to surgery on the cochlea.
- We will not test your hearing for at least two months after surgery
- You may expect mild dizziness for a few days after surgery. If the dizziness is severe with associated vomiting, please call the office for further instructions.

Taste Disturbance

Taste disturbance and mouth dryness are common for a few weeks after surgery.

Nausea/Vomiting

Some patients may experience nausea and/or vomiting after surgery. Your physician may prescribe medication for nausea. Please call to speak with our nurse if you need help managing nausea or vomiting.

Medications

Patient should resume all regular medications after surgery. Take antibiotics if instructed to do so post operatively.

Fever

Please call the office if:

- Your temperature is greater than 102°F
- You have discharge from the ear that becomes yellow or green and has a foul odor
- You have symptoms of a cold or infection

If you have any questions or concerns, please call the office and ask to **spea k with the nurse.**