

ENT



**New Mexico**  
Ear, Nose, & Throat  
Specialists, P.C.

**FREDERICK FIBER, MD**

*Specialties of the ear, nose and throat  
Head and neck surgery*

### **Post-Operative Instructions for Patients Following Ear Surgery**

1. Be sure to take antibiotic medication as directed by your doctor until all pills have been taken. Pain medication may be taken as needed.
2. Leave the large cup bandage over the ear for 24 to 48 hours. After this time, you may remove it. Your ear may feel stopped up as there is a piece of gelfoam packing in the ear to absorb any discharge. Do not touch this packing. Your doctor will remove it later.
3. You may bathe but be careful not to get the wound wet with soap or water. Do not wash your hair until the sutures and gelfoam packing have been removed by your doctor.
4. Limit your activities for 2 weeks. You need not stay in bed, but no strenuous exercise or heavy work such as lifting, pushing or straining is recommended. This puts pressure on the middle ear and can damage any reconstruction performed during the surgery.
5. Drink plenty of fluids during your recovery. You may resume your normal diet as soon as you are ready following your surgery.
6. Your doctor will need to check you in 7 to 10 days after surgery to remove the sutures and packing in the ear. Call the office as soon as possible for an appointment.
7. You should not do any flying for one month following surgery. If flying is absolutely necessary, consult your physician first to discuss precautions and potential complications.



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