



## **Ear Center: Postoperative Instructions Following Medication Perfusion of the Middle Ear (Dexamethasone, Gentamicin, etc.)**

**Phone: 336-273-9932**

**Website: [www.earcentergreensboro.com/](http://www.earcentergreensboro.com/)**

### **GENERAL INSTRUCTIONS:**

You may feel tired or slightly weak following the procedure. It is recommended that you limit your physical activity for the next 24 hours. Rest at home for the remainder of today and tonight. Do not perform any strenuous activity without your doctor's permission.

***Do not drive a vehicle or operate any machinery or mechanical devices during the first 24 hours. During your local MAC anesthesia, you received potent medications that take time to wear off. Even if you feel completely alert, follow these instructions.***

You may have a small amount of clear drainage from your ear. Keep a clean cotton ball in your ear canal for the first 24 hours and change as necessary. A small amount of clear or blood-tinged drainage from your ear may occur a few days after surgery. If this should persist or become thick, green, yellow or foul-smelling, please contact our office.

You may hear some unusual sounds in your ear such as clicks, pops, snaps, etc. Such sounds are common and do not need to be reported.

You may shower and wash your hair on the day of your procedure, unless directed otherwise by your doctor. However, keep your ear dry. During bathing or showering, you may block the opening of the ear canal with a cotton ball. Cover the outer portion of the cotton ball with Vaseline® to form a seal and to prevent water from entering the ear. Alternatively, insert a silicone or wax earplug coated with Vaseline® into your ear canal to accomplish the same purpose. Insert an earplug during swimming.

You may experience some mild ear discomfort or intermittent ear pain following the procedure that is usually relieved by Tylenol® or ibuprofen. Report to your doctor any severe ear pain that is not relieved by the medication that has been prescribed for you.

For the first night, sleep with your head elevated on an extra pillow.

Do not put your finger or any other objects into your ear.

Please report to your doctor any elevation in your temperature of 101 degrees or higher.

Follow label instructions for any medication(s) that your doctor has prescribed for you.

It is important for you to return for your scheduled appointment to receive additional doses of medication and to check the status of your tube.

### **Ear Drops:**

Please use the ear drops in your operated ear for the next 7 days. Use the drops as prescribed by your doctor, placing the drops into the outer opening of the ear canal with the head tilted to the opposite side.

After putting the drops in the ear canal, "pump" the drops into the ear by pushing three times on the small bump of cartilage in front of the ear opening (the tragus). The tragus will cover the ear opening like a "trap door" and provide a seal that will produce a small amount of gentle positive pressure in the ear canal. This maneuver helps to "pump" the drops through the tube and into the middle ear.

Place a clean piece of cotton in the ear opening after using drops. A small amount of blood-tinged drainage is not uncommon for several days after a tube has been inserted.

**Please do not hesitate to call us at (336) 273-9932 if you should have any questions or if any complications should develop following your procedure.**

### **Additional Instructions:**

---

---

---

---

Eric M. Kraus, M.D., M.S., F.A.C.S.  
The Ear Center of Greensboro, P.A.  
1126 N. Church Street, Suite 201  
Greensboro, NC 27401  
336-273-9932  
[www.earcentergreensboro.com](http://www.earcentergreensboro.com)

Last revised June 3, 2011