

# EXOSTOSES/ AURAL ATRESIA REPAIR

## POST OPERATIVE INSTRUCTIONS



Norwest ENT  
Group

### Leaving the hospital

1. If you have not already been given a postoperative appointment, please ring and arrange a visit for 2 weeks after surgery to arrange for ear canal pack removal.
2. Any prescription you receive after surgery should be filled. Take the medication as directed on the bottle. The ear drops should be placed in the ear canal 3 days PRIOR to your first post operative visit.
3. There are no dietary restrictions, although after a general anaesthetic it may be best to start with clear liquids.

---

### The Dressing

Remove the head bandage the day after surgery, It is not unusual to have bloody drainage on the gauze. The cotton in the ear canal is to be removed and changed daily or second daily as required. When the cotton ball does not have any blood on it, stop using the ball and let air into the ear canal. The incision behind the ear is covered by paper adhesive strips which should remain in place for two weeks.

---

### Precautions

1. DO NOT blow your nose until such time that it has been indicated that your ear is healed. Any accumulated secretions in the nose may be drawn back into the throat and expectorated if desired. This is particularly important if you develop a cold.
2. DO NOT "pop" your ears by holding your nose and blowing air through the Eustachian tube into the ear. If it is necessary to sneeze, do so with your mouth open.
3. DO NOT allow any water to enter the ear until advised by your doctor that the ear is healed. Until such time, when showering or washing the ear, cotton may be placed in the outer ear opening and covered with Vaseline. Swimming and surfing should be avoided until you have clearance from your doctor. If an incision was made in the skin behind your ear, water should be kept away from this area for one week.
4. DO NOT take any unnecessary chance of catching a cold. Avoid undue exposure or fatigue.

Should you catch a cold, treat it in your usual way, reporting to us if you should develop ear symptoms.

5. You may anticipate a certain amount of pulsation, popping, clicking and other sounds in the ear, and also a feeling of fullness in the ear for 2 to 3 weeks. Occasional sharp shooting pains are not unusual. At times, it may feel as if there is liquid in the ear. Chewing gum to soften the scar tissue in the chewing muscles may also help.

6. DO NOT plan to drive a car home from the hospital. Air travel is permissible two days following surgery. When changing altitude, you should remain awake and chew gum to stimulate swallowing.

7. DO NOT perform any heavy lifting (more than 15 kilograms) or vigorous physical activity for three weeks after surgery.

---

### Contact Numbers:

Dr Nirmal Patel  
W 02 8883 0744  
M 0431 444 636