



CANALPLASTY POST-OPERATIVE INSTRUCTIONS

POST-OPERATIVE CARE

You will leave the OR with an ear dressing over your ear. You may remove this 2 days after your surgery. At this time, you will start inserting antibiotic ear drops (unless otherwise directed by your physician), 5 drops twice a day until your post-operative visit. These drops will be given to you the day of your surgery.

Do not get the ear wet. It is fine to shower but do not let water get into the ear. To do this, place a cotton ball in the outside of the ear coated with Vaseline. Do not put anything down into the ear canal (the skin is trying to heal and damage to the skin may cause slower recovery/healing).

MEDICATIONS

Take pain medication with food and do not drink alcohol or drive while using pain medicine. For the first few nights you should set your alarm for every 4 hours to take your pain medication. As your pain lessens, try using extra-strength acetaminophen (Tylenol) instead of your narcotic medication. If you are taking narcotic medication regularly you may begin to experience constipation and should take a stool softener. These medications are over-the-counter (such as Docusate Sodium).

ACTIVITY

Avoid straining, heavy lifting, strenuous activity or bending over. These activities will increase the likelihood of bleeding. For the first few days, it is recommended to sleep and rest (watch TV or read a book). Going for walks during the first few days is a good idea. After the first week, you may slowly progress and eventually resume to full activity. If your ear starts to throb, then you must decrease your activity. Please sleep elevated the first 3-4 days after surgery to decrease swelling/pain. Typically, you will be cleared to return to the water 2-4 weeks after your surgery, pending your healing. This will be discussed at your post-operative visit.

DIET

Patients who have received general anesthesia may experience some nausea and/or occasional vomiting. Therefore, we recommend you eat and drink in small quantities for the first 24 hours. Start with liquids and advance to a regular diet as tolerated.

GENERAL ANESTHESIA

Do not drive for 24 hours following general anesthesia or while taking pain medication. Do not drink any alcohol for 24 hours following general anesthesia or while taking pain medication. You must arrange for a ride and have a responsible adult stay with you for 24 hours after surgery.

**WORK**

Most patients plan to take 1 week off of work to recover. Every patient is different and some return to work sooner. This will depend on the extent of your surgery, your recovery experience and the nature of your work.

TRAVEL

No airplane travel for at least 1 week following surgery due to risk of bleeding.

CALL OUR OFFICE (760) 479-2100

For a persistent temperature above 101.5 degrees or severe chills, nausea or vomiting, pain not relieved by oral medication, difficulty breathing, or profuse bleeding.

FOLLOW UP APPOINTMENTS

Your post-operative visit is approximately 7-10 days after surgery. At this time, we will suction the ointment out of your ear canal. This appointment should already be scheduled for you by our surgery scheduler.