

POST OP INSTRUCTIONS AFTER EAR SURGERY

1. Avoid chewing hard food (like parotta, murukku) for 3 weeks.
2. Always chew equally on both sides
3. Avoid contact with water over the dressing area- For a week until sutures and pack in Ear is removed.
4. Sleep with the operated Ear up or in Supine (straight) position.
5. If you get a Sneeze/ Cough open your mouth to let the pressure outside.
6. Bathing Everyday and washing the Face is a must (without wetting the dressing). Head bath can be taken 1 week after surgery- without water entering – A earplug can be used.
7. If you catch a cold – take T.Alrite DC one in the night for 7 days and T.Azivo (500) one in morning before breakfast for 3 days.
8. Everyday activities can be done without any restrictions (Avoid Contact with Dust and Pollution)
9. If you notice any ear discharge, swelling behind Ear, Ear pain, Fever please report it to your Doctor immediately
10. Since we use degradable material inside Ear, it is normal to get a sound inside the ear (like that of moving water) for upto 2 weeks.