



Postoperative Care Guide for Ear Microsurgery

1. Postoperative Notes:

- 1.1 After the surgery, the following symptoms may occur, which should be considered normal. The doctor will handle them appropriately, so please do not panic.
 - 1.1.1 Wound pain or brief throbbing, especially in the first two days, can be controlled with painkillers.
 - 1.1.2 Pulsation sound, water flow sound, or aggravated tinnitus in the ear.
 - 1.1.3 Mild dizziness and nausea.
- 1.2 The head and the operated ear should be temporarily bandaged with an elastic gauze (bandage) after surgery. The doctor will remove it after 1-2 days. Do not loosen it by yourself to avoid bleeding or swelling of the wound.
- 1.3 If there are sutures, they will be removed about seven days after surgery. Patients with good conditions can be discharged early or even not be hospitalized and return to the outpatient clinic for suture removal.
- 1.4 The ear canal will be filled with a sponge-like material mixed with antibiotics after surgery, which temporarily impairs hearing. It is placed in the ear canal during the operation to protect the newly repaired eardrum. The doctor will remove it in about 3-4 weeks during the outpatient visit. Do not remove it by yourself.
- 1.5 After discharge, you need to change the dressing by yourself once a day until the ear canal material dries and turns black. The method is as follows: first use a clean, thin cotton swab to absorb the liquid on the dark brown ear canal material. If the ear canal material falls out, it can be gently pressed with a cotton swab. Then use another cotton swab to apply antibiotic ointment to the wound suture and completely seal the ear canal opening, and finally cover it with a small piece of clean gauze.
- 1.6 If there is dark brown odorless fluid flowing out of the ear after the



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surgery, it is normal (indicating that the ear canal material is slowly dissolving). However, if there is a foul-smelling yellow fluid flowing out of the ear, it may indicate an infection, and you should go back to the hospital as soon as possible.

1.7 After the suture is removed, you can take a bath and wash your hair.

Within at least one month, do not allow water to enter the ear canal or wet the ear canal material until the eardrum wound has fully recovered.

1.8 After removing the ear canal material, the newly repaired eardrum is still damp. Therefore, you still need to continue treatment at the outpatient clinic several times. During this period, do not dig your ear by yourself, and do not let any doctor who is not familiar with the situation to handle your ear to avoid damaging the newly repaired eardrum and undoing all the previous efforts. Also, take care of your body and avoid colds (do not inhale snot).

1.9 Within one month after the surgery, eat high-protein meat and do not chew hard food (such as guava, apple, chicken feet, or gum). Do not lift heavy objects, strain during bowel movements, blow your nose too hard, or cough too hard, to avoid affecting the growth of the eardrum after surgery.

1.10 After getting permission from the doctor, you can go swimming three months after the surgery. After 3 months, 6 months, and 1 year post-surgery, you need to come to the outpatient clinic for follow-up examinations, and hearing tests will be performed if necessary.

*** For your health, please be sure to comply with the above precautions.**

Thank you!