



# Ear Surgery Aftercare Instructions

## Recovery Timeline:

- **Week 1-2:** You may experience significant swelling, bruising, and discomfort in your ears. You may also have bandages, splints, or drains on your ears to protect the incisions and prevent bleeding. You should use ice packs and medication as directed by your surgeon to reduce the inflammation and pain. You should follow a soft or liquid diet and avoid chewing, talking, or smiling excessively. You should also avoid any strenuous activities, such as sports or exercise.

- **Weeks 3-4:** You will notice an improvement in your swelling and mobility. You can transition to softer foods and resume your daily activities, such as work or school. You should still avoid any strenuous activities, such as sports or exercise.

•**Weeks 5-6:** You will have much less swelling and soreness in your ears. You can resume your regular diet and exercise routine. You should still avoid any contact sports or activities that may injure your ears.

**Weeks 6-8:** You will have almost complete recovery from your ear surgery. Your swelling and bruising will be mostly gone. Your ears will be healed and stable.

Complete healing may take up to 3 months or longer, depending on your condition and the type and extent of your surgery. It is essential to follow your surgeon' s instructions and advice and to report any problems or complications, such as infection, bleeding, or nerve damage.

# Medications

- Take prescribed pain medications for the first few days after surgery as directed.
- Use Tylenol thereafter for mild discomfort. Avoid aspirin or NSAIDs that can increase bleeding risk.
- Take oral antibiotics for 5-7 days as prescribed to prevent infection.

# Diet

- Stick to cool, soft foods for the first 5-7 days after surgery. This includes items like yogurt, soup, applesauce, etc.
- Avoid scorching, spicy, or greasy foods temporarily, as these can be irritating.
- Stay hydrated by drinking at least 64 oz of water per day.

## Activity Restrictions

- Keep your head elevated on several pillows while sleeping or resting for the first week.
- Avoid any strenuous activity or exercise for 3-4 weeks after surgery.
- Do not wear glasses or sunglasses that put pressure on the ears for 1 month.
- Protect ears from direct sun exposure by wearing a loose hat when outdoors.

## Incision Care

- Keep incisions clean and dry. Monitor for signs of infection like pus redness.
- Apply antibiotic ointment to closed incisions 2 times per day for 1 week.
- Avoid submerging ears underwater. When showering, keep your ears dry.
- Wear a headband or specialized ear protector at night as directed for 1 month.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

#### Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: [Info@iranhealthagency.com](mailto:Info@iranhealthagency.com)

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: [www.iranhealthagency.com](http://www.iranhealthagency.com)

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



## International Care, Local Comfort

Get in touch:

