Leaving the Hospital

- You will receive a prescription for pain medicine and sometimes an anti-nausea medicine. You will also receive an antibiotic for 4-10 days.
- The bandage will be removed two days following the procedure.

Home Care-The First Few Days

- The auricle (outer ear) can be wiped gently with a soft cloth or cotton swabs to remove dried blood, but if the ear is tender this is not necessary.
- You may wash your hair 1 day after surgery.
- The incision behind the ear may be covered with Steri-strips and these should be left in place. These will remain adherent for 10-12 days. No care is necessary, just keep them dry.
- In some cases, the stitches will be visible (without Steri-strips) and the incision should be cleaned gently with peroxide once or twice daily until no crust ing is noted. A thin layer of antibiotic ointment (Neosporin, Polysporin, Bacitracin, etc.) is helpful for the first few weeks.
- Do not blow your nose for 4 weeks after surgery. Sniffing is okay. This is particularly important should you develop a cold.
- Sneeze or cough with your mouth open during the first 2 weeks following surgery.
- You may fly 6 weeks following surgery.
- No vigorous physical activity, including sports, until seen for your post-op visit. With the exception of these restrictions, you may return to work or school as overall condition permits.
- After 3 week you may resume all activities, including sports and physical exercise while adhering to the restrictions recommended by the implant manufacturer.
- You may hear a variety of noises in your ear such as cracking or popping. This is part of the normal healing process.
- Dizziness or lightheadedness is normal for up to one week after surgery.
- Tinnitus (ringing in the ear) is also noted by some patients.

Home Care-After the First Few Days

- Pain should begin to subside. You may continue taking Tyle-nol or Ibuprofen for relief of mild pain.
- It is normal for the top ½ of the ear to feel numb and this will take several months to return to normal.
- There may be a change in taste (usually described as metallic) on one side of the tongue and this usually improves within several months.

First Follow-up Appointment

- Call the office for a follow-up appointment with Dr. Adunka 2 weeks following surgery.
- Don’t be anxious about the first appointment. Dr. Adunka will check the incision, remove the stitches (typically not necessary since absorbable sutures are used for most procedures), and check the ear canal for infection.

Call office if:

- Increased pain not relieved by prescription medications.
- Large amounts of bleeding from the ear area.
- Pus/Foul smelling drainage from the ear.
- Redness in the ear area.
- Temperature over 100° on 2 consecutive readings.
- Severe dizziness.

Important Contact Information

The Ohio State University
- (614) 366-3931 or dania.ahmed@osumc.edu
  Dania Ahmed in Dr. Adunka’s office
  non emergent questions, scheduling
- (614) 366-3687 Hospital Operator
  after hours, ask for ENT resident

Nationwide Children’s Hospital
- (614) 722-2000 Operator
  after hours questions, ask for ENT resident
- (614) 722-6547 ENT Nurse line
- (614) 722-4333 Emergency Department
  after hours emergency, only if no response from resident