

### Clinic 1B

TTSH Medical Centre, Level 1

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## Department of OTORHINOLARYNGOLOGY (EAR, NOSE & THROAT)

## Ear Surgery Post-Operative Care





## When is an Ear Operation Required?

Patients may require an ear operation for the following reasons:

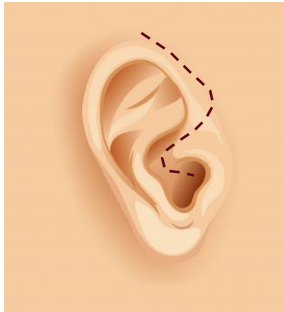
- Repair of ear drum hole
- Cholesteatoma (an abnormal collection of skin cells that develops behind the ear drum)
- Infections
- Certain types of hearing loss

The common incision sites that the ENT doctor would make are:

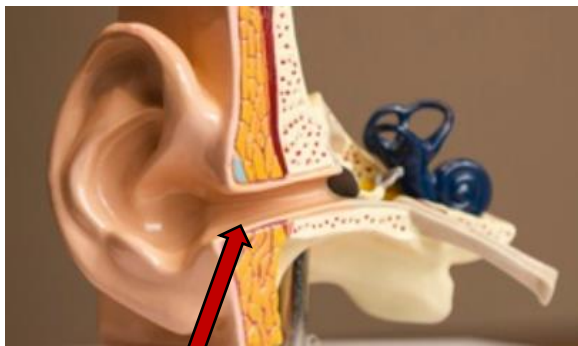
1. Post-aural  
(behind the ear)



2. End-aural



3. In the ear canal



Ear Canal

## What to Expect Immediately After Ear Surgery

- A head bandage is wrapped around your ear and head immediately after surgery. This helps to prevent bleeding and blood clot formation at the incision site.

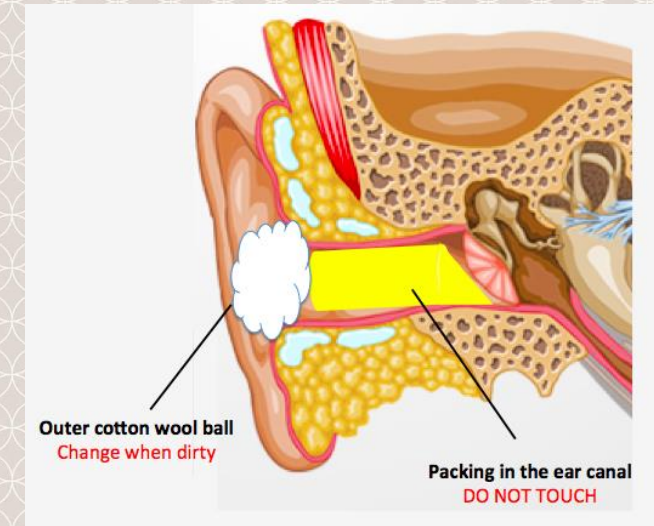


Example of a patient with a head bandage

- The head bandage is removed the day after surgery in most cases, prior to discharge.
- Your ear will feel blocked due to the presence of packing material within the ear canal.
- There will be some amount of pain after surgery. This is usually well-controlled with pain-killers that will be prescribed to you by your doctor.
- Other medications that may be prescribed include antibiotics and medications for nausea or giddiness.

## How to Care for Your Ear at Home

- Keep your ear dry. You will be given a packet of cotton wool balls on discharge. Place a cotton wool ball at the entrance of the ear canal, in the bowl of the ear to soak up any ear discharge. This also helps to prevent water from entering the ear canal during showers.
- Only change the outer cotton ball. Do not remove or disrupt any packing material within the ear canal.



- Apply antibiotic ointment to the ear wound two to three times daily as prescribed.
- Avoid swimming and water activities
- Avoid heavy lifting or exercise
- Avoid air travel for four to six weeks
- Avoid using excessive force during sneezing or nose-blowing