

Ear Surgery

Post-operative Information



The Department of Ear, Nose & Throat (ENT) - Head & Neck Surgery provides a wide range of surgical services for adult patients with ENT, head and neck diseases. Patients are referred from polyclinics, general practitioners, emergency services or transferred from other departments within the Ng Teng Fong General Hospital or other healthcare facilities, including nursing homes, community and other hospitals. Our team of highly-trained ENT-Head & Neck surgeons and allied healthcare professionals aim to provide the best possible care to our patients.

What to expect after surgery

- It is normal to feel tired in the first week after surgery. Most patients plan to take at least one week off to recover. Every patient is different and some can return to work or school sooner.
- You may experience some vertigo, nausea or vomiting in the immediate post-operative period. This should subside within 24 hours.
- The operated ear is usually packed and filled with clotted blood so it will feel blocked. You may hear crackling sounds. The outside of the ear canal is usually covered by a cotton ball and should be replaced if it gets soaked with blood. A sponge-like material deep beneath the cotton ball should not be removed until the first follow-up appointment with your doctor.
- The bandage dressing around your head will be removed the day after surgery.
- It is not unusual to experience some earache when you chew and some difficulty opening your mouth fully in the first week after surgery.



Diet

A liquid or soft diet is recommended immediately after surgery. You may resume a normal diet the day after surgery.

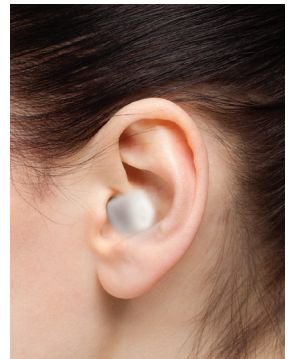
Activity

- Stay at home for the first two days after surgery. Avoid lifting, straining or heavy exercise for the first week after surgery. Do not blow your nose for at least two weeks after surgery. Blowing can cause a displacement of the reconstructed ossicles or grafted eardrum.
- If you have to sneeze, please do it with your mouth wide open to avoid pressure build-up in your ear.
- Try to sleep on the un-operated ear.



Medication

- Remove the cotton ball from the outer ear canal and apply the antibiotic ear drops prescribed onto the sponge deeper than the cotton ball.
- Complete the course of antibiotics prescribed.
- **Do not use** aspirin for two weeks as it increases the possibility of bleeding. Please note that some painkillers can cause drowsiness. Patients who take these painkillers should not operate machinery, drive or make important decisions.



Wound care

- Apply antibiotic ointment to the incision (which is usually behind the ear) at least three times a day. If you have a cotton ball in the ear, change it when it gets soaked and replace it with a clean cotton ball. Use a little antibiotic ointment to make the cotton ball stick. Please do not touch or remove anything deeper in the ear than the cotton ball.
- When showering or washing your hair, protect the ear with a cotton ball coated with antibiotic ointment. It is fine for the incision to get wet three days after surgery but do not allow any water to enter the operated ear. Let someone help you wash your scalp to prevent water from entering the ear. A shower cap can provide you with extra protection.
- When you have finished washing your hair, remove the coated cotton, wipe the ear with a soft clean cloth and place a clean, dry antibiotic-soaked cotton ball in the ear.



Post-operative visits

At the first follow-up appointment after your surgery, your doctor will remove the stitches and the sponge from your ear. Your ear will feel less clogged. The inside of your ear will be cleaned over subsequent visits as your ear heals.

Please go to the Emergency Department if you experience:

- severe giddiness, vertigo and vomiting
- sudden reduced hearing in the operated ear
- profuse bleeding from the ear
- fever $>38.5^{\circ}\text{C}$

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

General enquiries: 6716 2000 Fax: 6716 5500

www.juronghealth.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

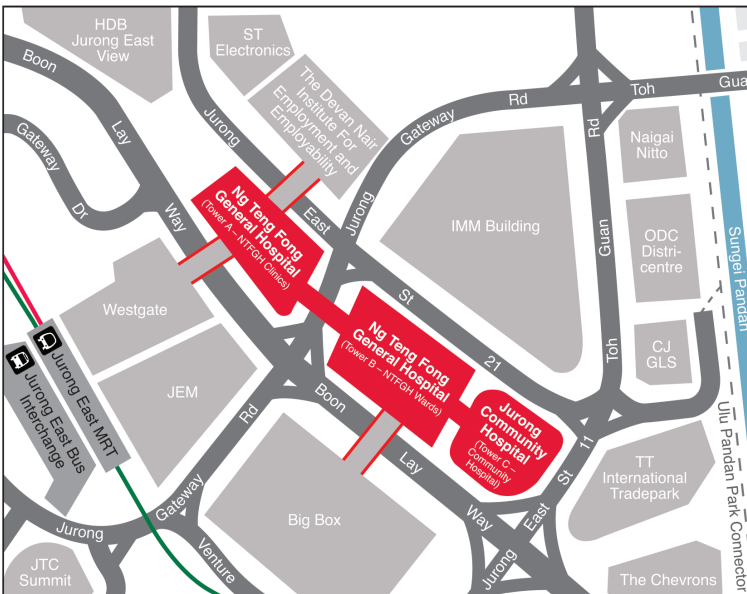
For appointments, please call 6716 2222

Monday - Friday 8.00am - 5.30pm, Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233

Monday - Thursday 8.00am - 5.30pm, Friday 8.00am - 5.00pm

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange

SBS 51, 52, 66, 78, 79, 97, 97e, 98, 98M, 105, 143, 143M,

160, 183, 197, 333, 334, 335, 506

Along Boon Lay Way

SBS 99, Private bus service 625

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.