

Mastoidectomy

Wound: A plastic ear shield with a Velcro head strap will secure gauze against the ear. Please leave this in place for two nights following surgery. If the plastic ear shield and head strap slides off of the head/ear, readjust it so it covers the ear. If you do this, make sure that the outer ear is flat against the head and not curled-up (this is very painful). The plastic ear shield can be removed the second morning after surgery and then reserved for use during sleep, if desired. It is normal for the gauze to be stained with blood from surgery; if there is any active bleeding, apply gentle direct pressure and contact the office.

There will be an incision behind the ear closed with "skin glue." The "skin glue" is similar to superglue and will leave a film over the incision line, allowing it to heal. The "skin glue" film will flake and peel off over the course of the first 1-2 weeks after surgery.

It is normal to have fullness and hear popping sounds the few weeks after surgery. Mild dizziness or unsteadiness is normal for the first few days after surgery; if it persists or worsens, call the office.

Pain: Expect a mild-to-moderate amount of pain that may be worse at night when attempting to sleep. Use the pain medicine as prescribed in the early post-operative period and then transition to regular acetaminophen (Tylenol) or ibuprofen (Motrin, Advil). You may be surprised at how well these over-the-counter pain medications work. Avoid aspirin for 1 week after surgery as it may cause bleeding.

Antibiotics: If antibiotics have been prescribed, please take them as directed. Contact the office if you develop any fever, chills, worsening pain, swelling, redness, or drainage from the surgical wound.

Activity: No strenuous activity (PE class, bike riding, roller skating, skate boarding, etc.), heavy-lifting, contact sports, swimming, or airplane/mountain travel for 1-2 weeks after surgery.

Bathing: You may bathe/shower after the ear shield/gauze dressing has been removed. Do not allow the operated ear and incision line to soak under water. After bathing, gently dry the ear with a clean towel.

Contact: My nurse can be reached at (603) 650-4399 and can answer any additional questions you may have after surgery. The Dartmouth-Hitchcock Medical Center operator can be reached at (603) 650-5000.

In addition, the following web page has helpful information regarding common pediatric ear, nose, and throat concerns: <http://www.entnet.org/kidsent>.

Follow-up: You already have an appointment scheduled after surgery to return to Otolaryngology clinic for your first post-operative visit. If you need to confirm your first post-operative appointment, please contact my secretary at (603) 650-8123.