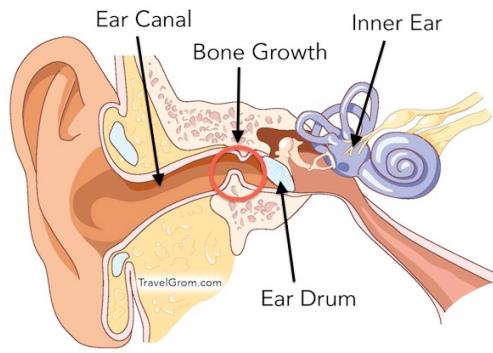




# Exostoses - post op



Discharge Date

Post Op Appointment

## The expected recovery is as follows:

### Day of Surgery:

- You will wake with a small pad taped over your ear.
- There will be approximately 5 small stitches just behind the sideburn area.
- Your ear canal will feel moderately sore, often with a slight throbbing nature to the pain and this will usually be exacerbated by chewing/moving your jaw. Within a few days this tends to settle down.
- You will have a completely blocked ear for 3 weeks. This is expected and is because I have filled the ear canal with dozens of small (match-head sized) dissolvable pieces of foam packing to hold the skin of the ear canal out against the drilled back bony wall of the canal.
- Many patients are discharged home on the same day, however some will stay overnight - especially if the procedure finishes late in the day.

### During the 1st week:

- Your ear will leak a small amount of blood stained fluid onto the pad that is initially taped over your ear.
- An easy dressing you can apply yourself to catch any minor ooze is a cotton ball torn in half (a whole cotton ball is a little too big to easily fit in the outer ear). If you wipe some vaseline or paw paw ointment on the cotton ball it will stick more easily in the ear opening and not leave little cotton threads stuck around the ear.
- You do not need any antibiotics, I've already soaked the packing material in this and antibiotics are given intravenously just prior to the operation commencing.
- Try to keep your ear dry (a shower cap is easiest).

### 1 week appointment:

I will remove the stitches (just behind your side-burn) and start you on topical Ciproxin HC ear drops to use for 2 weeks.  
from this point you can shower normally with a vaseline coated cotton ball in the ear.

### 3 week appointment:

-All of the packing will be removed from the canal and from this point on you will hear normally and all the fulness/discomfort in your ear should be gone.

Discharge meds given? Yes / No

Time Panadol last given

- You should still stay out of the surf/water as the skin of the canal is still healing.

### 6 week appointment:

I'll confirm all the skin is healed and that there is no abnormal scarring or exposed bone. Assuming that's not the case you will be able to get back in the surf.

### Time Off

I recommend 1 week off work - ideally thru until and including the day of your first post op appointment.  
*Please ask for a certificate if needed.*

### Post Op Problems:

**Nausea/Vomiting:** If due to the anaesthetic this usually wears off within 24hrs of waking up. Strong pain killers are the other common cause - if these are making you nauseated stop taking them and try just paracetamol and ibuprofen (nurofen).

**Bleeding:** Everyone will have minor blood stained fluid leaking out from the packing in the ear canal for the first few days. Significant bleeding or a firm swelling above the ear canal under the incision may signify a collection of blood. This is uncommon. Contact me if you are concerned.

**Infection:** Can occur from day 3 onwards causing your wound to become red, hot and increasingly painful. This is uncommon as the packing is impregnated with antibiotic drops during surgery and a dose of intravenous antibiotics are given during the anaesthetic. Contact me if you are concerned.

### How to get help:

If you have any non-urgent concerns please contact my rooms 52218490.  
If you have urgent concerns contact me on my mobile 0425746617.

If I am unable to respond please attend the Geelong University Hospital Emergency Dept and the oncall ENT surgeon will become involved if needed.