

# Middle Ear Surgery: Hospital Recovery



## Right after surgery

You will wake up in the recovery room. There you will be closely watched.

## Going home



You may be eager to return to your daily life after surgery. You will most likely leave the hospital the same day as your surgery. You may need to stay longer if other health problems need to be watched. Your surgeon may also want to make sure that:

- You have little or no bleeding
- You have little or no pain
- You have no nausea and little or no dizziness
- Your health is stable
- You don't have a fever

Your healthcare provider will give you specific home-care instructions. Be sure to follow these. You will be told when and how to change any ear dressing or bandages.

Your provider may give you medicine. You may be given antibiotics, ear drops, or pain relievers. Take these as directed. Always talk with your provider before taking any over-the-counter medicines.

You may also be told:

- Not to swim or do other activities that may get water in your ear
- Not to blow your nose
- Not to lift weights or do other activities that may put pressure on the eardrum
- Not to smoke, and to stay away from secondhand smoke
- Not to fly

## When to call your healthcare provider

Call your provider right away if you have:

- Ear fluid (discharge) or drainage from the affected ear
- A lot of dizziness or dizziness that doesn't get better
- Problems with your balance
- Lots of pain
- Sudden hearing loss
- Any new symptoms or symptoms that get worse in the ear that was operated on
- Fever of 100.4°F (38.0°C), or as advised by your provider
- Severe headache
- Facial paralysis

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