

Department of ENT

Advice following ear surgery

- If you have packing in your ear canal and it becomes dislodged, do not push it or pull it. Instead use some clean scissors and cut off the end of the dressing where it sticks out of your ear. It is likely that you have more than one piece of packing in your ear, but if you feel that the whole pack has come out, or there is significant bleeding, please call the ward or Clinic 10 as soon as possible.
- It is very important to keep the ear dry. When showering, insert some cotton wool smeared with Vaseline into your ear and make sure that water is directed away from the ear. You may find it easier to wash your hair if someone helps you, or by holding a cup over your ear.
- If the wound becomes painful, red, inflamed, or starts to discharge, please call the ward.
- Do not fly, swim or dive until after you have been seen in the outpatients department.
- Don't blow your nose violently – gently clear one nostril and then the other. Try to sneeze with your mouth open to minimise the pressure.
- Avoid sleeping on the side of surgery until the ear has healed.
- If you are dizzy, please be careful when you are moving around – if it persists, gets worse, or you are feeling sick, please see your GP or call the ward to discuss with nursing staff.
- If you have a metallic taste in your mouth, don't worry – it is quite common after ear surgery. The taste should return to normal after a few weeks.
- If you have any other problems, please see your GP, call the ward or contact clinic 10 for advice.

Contact numbers:

Clinic 10 reception: 01223 217588

Ward M5 (ENT): 01223 274283



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

Authors	Department of ENT
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number	01223 245151
Publish/Review date	October 2011/October 2014
File name	Advice_following_ear_surgery.doc
Version number/Ref	3/PIN1685