

# Mastoidectomy

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During surgery your mastoid bone near your ear will be drilled, cleaned and you may have a lesion or cyst removed.

For a healthy recovery after surgery, please follow these instructions.

## Pain

- You may have mild pain or discomfort in your ears after surgery. This may last 2 to 3 days, but should get better over time.
- Take your pain medication as prescribed by your surgeon.
- Your surgeon may give you other prescription pain medication. Many medications, vitamins and supplements can cause bleeding. Do not take aspirin, or any other pain medications, supplements and vitamins unless prescribed by your surgeon.

## Activity

- Rest for the remainder of the day.
- Do not drive or operate heavy machinery for 24 hours after surgery.
- Avoid sports or strenuous physical activities. No jerking movements of your head.
- No heavy lifting (nothing greater than 20 lbs or 9 kg) or straining.
- You may go back to work 2 to 4 weeks after your surgery.
- You may go back to school 1 week after surgery.
- No airline travel until you talk with your surgeon.

## CPAP

- If you have obstructive sleep apnea and use CPAP, please speak with your surgeon about how to use it after surgery.

## Eating

Eat your normal diet. Chew gently. Drink plenty of fluids.

## Special care

Your surgeon will discuss your dressing care the day of your surgery. **Pink tinged drainage from the ear is normal.** Remove the outer dressing the next day. Change cotton ball with vaseline as often as needed.

- No water in your ear. Do not wash your hair until you talk with your surgeon.
- Clean the incision after 3 days, but do not put under water for 1 week.
- If you have strip gauze in the ear canal: **Do not remove it.** Your surgeon will remove it at your first follow-up visit. If some does come out, snip it off, but do not push it back into your ear.
- Cover the ear that had the surgery before going outside.
- Try not to blow your nose or sneeze. If you must sneeze, sneeze with your mouth open.
- To prevent infection avoid people with colds and the flu.

## Follow-up

- Your follow-up visit with the surgeon is in about 1 to 2 weeks. You will need to call for an appointment.

## Who can I call if I have questions?

- If you have any questions, please contact your surgeon's office.
- For urgent questions after hours, please call the Otolaryngologist – Head & Neck (ENT) surgeon on-call at 905-521-5030.

## When do I need to get medical help?

- If you have an increase in bleeding from your ear.
- If you notice any sign of infection such as increasing pain or yellow discharge from your ear, fever of 38.5°C (101.3°F) or higher.
- Get a severe headache which is **unusual** for you, with fever, confusion or changes in behaviour.
- Have dizziness.
- If you have facial weakness or numbness, or notice that you cannot:
  - close your eye
  - drink without dribbling liquid from your lips
  - smile normally
  - whistle like you used to