

## DISCHARGE INSTRUCTIONS FOR MASTOIDECTOMY

A mastoidectomy is the surgical removal of the mastoid bone (the bone you can feel behind the ear). Your healthcare provider may do this procedure if your mastoid bone is infected or to remove growths from the middle ear.

### WHAT TO EXPECT:

- ▶ Expect a small amount of drainage from the ear.
- ▶ Don't be alarmed if the skin of your outer ear is numb. This is a result of the surgery. The feeling should come back in a few months.

### HOME CARE:

- ▶ Keep head slightly elevated for the first **24 hours** after you go home.
- ▶ The ear canal and ear incision should be kept dry from water for **1 week**. When you shower hold a folded towel over the ear with 1 hand and you can wash your hair by tilting your head away from the operated side.
- ▶ Keep the ear dry. You can place a cotton ball dabbed with a small amount of petroleum jelly in the outer ear to keep water out during a bath or shower.
- ▶ Sneeze with your mouth open and **do not** pinch your nose.
- ▶ Before doing any strenuous exercise, such as weight lifting, flying in a plane, or swimming; get Dr. Voelker's permission.
- ▶ You will be given **1 week** of oral antibiotics to decrease the risk of wound infection. Tylenol is usually sufficient for pain control.

### DO NOT:

- ▶ Do not do anything that makes your ears pop.
- ▶ Do not blow your nose or exhale with your nose held closed.
- ▶ Do not do any activities involving heavy lifting and straining.
- ▶ Do not be alarmed if the skin of your outer ear is numb. This is a result of the surgery. The feeling should come back in a few months.

### FOLLOW-UP CARE:

- ▶ You will have a **1 week follow-up appointment** with Dr. Voelker to check that your incision is healing well. Make follow-up appointments as directed by our staff. Your ear has special packing material in it. Parts of the material may need to be removed at specific times.
- ▶ Ask Dr. Voelker when you may resume work, as specific restrictions may need to be applied.

### WHEN TO SEEK MEDICAL CARE:

Call Dr. Voelker right away if you experience any of the following:

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| ▶ Increased redness or swelling around the ear        | ▶ Facial droop   |
| ▶ Dizziness or disorientation                         | ▶ Bleeding bright red blood  |
| ▶ Foul-smelling drainage from the ear or the incision | ▶ Trouble swallowing   |
| ▶ Persistent headache                                 | ▶ Fever of 100.4°F (38°C) or higher, or as directed by Dr. Voelker |
| ▶ Double vision or blurred vision                     |  |