

# \_\_\_\_\_’s Care Guide after Ear/Nose/Throat Surgery

I came to the hospital on \_\_\_\_\_ and left on \_\_\_\_\_

I came to the hospital because \_\_\_\_\_



## How I may feel and what I should do

### These symptoms are **normal**

#### I may feel pain

- I may feel pain.
- I should take my pain medication before my pain gets really bad.
- I should follow the instructions on my medication bottle.
- I should use less narcotic pain medication as my pain gets better. Examples are Percocet, Oxycodone, Tylenol 3, Morphine, or Hydromorphone.
- I **can’t** drive or drink alcohol while taking narcotic pain medication.
- I should speak with my pharmacist about using Tylenol Extra Strength. I **shouldn’t** take Aspirin.
- **For Tonsillectomy Surgery:** I may have a sore ear. I don’t need to be worried about this as long as my hearing is the same and there is no discharge from my ear.

#### I may feel constipated

- Pain medication can make it hard for me to have a bowel movement.
- I should drink lots of water and eat lots of fruits and vegetables.
- I **shouldn’t** strain or push too hard when having a bowel movement.
- I can take a stool softener like Senokot if I haven’t had a bowel movement in 2 days. I should ask my pharmacist if I need advice.

#### I may feel tired

- I should rest when I’m tired. Pain medication can make me feel sleepy.
- I should stay home from school or work for 2 weeks.

#### I may feel nauseous or not feel hungry

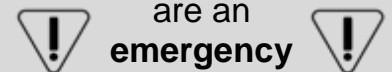
- I should eat smaller meals and snacks more often.
- I can take anti-nausea medication like Gravol if needed.
- **For Nose Surgery:** I may have vomit with dark brown blood. This is because I swallowed blood during my surgery. My nausea will feel better once I’ve vomited out the blood.

### These symptoms are **not normal**

- My incision is bleeding a lot and I need to change the bandage more than once an hour.
- My temperature is over 38.0°C or I have chills.
- I have ongoing nausea and vomiting that has lasted more than 24 hours.
- I have very bad pain that doesn’t get better when I take pain medication.
- **For Ear Surgery:** My ear has discharge that smells bad, or is brownish yellow.

I need to **call my surgeon** or go to the nearest **emergency department** if I can’t reach my surgeon.

### These symptoms



are an **emergency**

- I have trouble breathing.
- I have chest pain.

I need to **call 911.**



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## My medications

- I was given a list of medications I need to take.
- I was told why I need to take my medications.
- I was told about the side effects of my medications.



## My appointments

- I was given a list of my appointments.
- Someone reviewed my list with me.

## How I should care for my incision

### If I have a little bleeding from my incision

- A little bleeding from my incision is normal.
- I should change the dressing if there is a little bleeding. I should keep track of how often I need to change the dressing.

### If I had ear surgery

- I should keep my ear dressing dry.
- I can change the outer dressing over my ear to keep it clean. I can use gauze and an eye patch with gauze netting or tape to hold it in place.

### If I had nose surgery

- I should clean around my nostrils several times a day. I should use a Q-tip soaked in Hydrogen Peroxide 2% to remove any dry blood and crust. I can find Hydrogen Peroxide 2% at a pharmacy.
- I should use an ice pack on my cheeks and upper lip to help with swelling. **I shouldn't put ice above my nose.**
- **I shouldn't** blow my nose. This might cause bleeding.
- I should open my mouth when I sneeze so the pressure goes through my mouth and not to my nose.
- **If I have a nasal packing, stent or cast: I shouldn't** get my face wet. My surgeon will take it off at my follow-up appointment.

### If I had a tonsillectomy

- **I shouldn't** do strenuous activities that can trigger bleeding such as lifting heavy objects.
- **I shouldn't** leave the city for 2 weeks.

## My notes

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# How my activities will change

## Showering

- **If I don't have nasal packing, stent or cast:** I can shower and wash my hair the day after my surgery.
- **If I have nasal packing, stent or cast:** I can shower from neck down but need to keep my nose dry. I can wipe around my nose with a damp cloth.
- **If I had ear surgery:** I can shower from neck down but need to keep my ear dressing dry.

## Exercise and daily activities

- I should practice deep breathing to keep my lungs healthy.
- I should go for walks often. I should rest and take a break when I need one.
- **I shouldn't** do anything more intense than walking for the first month after surgery. This can cause swelling and bleeding.
- **I can't** lift more than 20 pounds for 1 week.
- I should put 1-2 pillows under my head when resting or sleeping.

## Exercise and daily activities (ear surgery)

- **I shouldn't drive a car, fly, swim, or take a long trip** until my surgeon has said it's ok.
- I should change positions and turn my head slowly. It may make me dizzy if I move too fast.

## Eating (nose surgery)

- **I shouldn't** eat foods that are hot in temperature or spicy. This can cause bleeding.

## Eating (tonsillectomy)

- I should drink fluids and eat soft foods for 3 weeks. Examples are water, carbonated drinks, popsicles, cracked ice, ice cream, cooked eggs, cooked vegetables, soft cheese, instant breakfast, macaroni and cheese, mashed potatoes, milkshakes, eggnog, and soft cooked fruits.
- **I shouldn't** eat these foods for 3 weeks: bacon, potato chips, popcorn, toast, citrus, or spicy foods.

## Taking medications

- I should follow the instructions on my medication bottle.
- I should take my regular medications starting the day after my surgery, unless my surgeon has told me not to.

# My notes

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