

### **Pain**

Mild to moderate pain is expected. The prescribed pain medication should control this. If pain is not adequately controlled, please call the office. Avoid aspirin, as this may cause bleeding.

### **Hearing**

Hearing is usually decreased or muffled immediately after surgery. This should improve over a few weeks, depending on the operation. Ringing or popping in the ear is normal. Your own voice may sound quite loud in the ear that was operated on.

### **Drainage**

Clear or slightly bloody drainage is normal after most ear operations. There may be packing or medication in the ear canal. Your doctor may have you using ear drops to keep the packing soft and moist. Drainage should never have a foul smell; call the office if this occurs.

### **Keep the ear dry**

A cotton ball moistened with vaseline will protect the ear when showering. Ask your doctor about when it is OK to shower. If there is bandage in place, keep it on and keep it dry until instructed to remove it.

### **Miscellaneous**

**Do not blow your nose** during the first two weeks. Air can be forced up into the middle ear, possibly causing damage. Similarly, **avoid any lifting, straining, or excessive coughing**. **Do not smoke for six weeks**, as this hampers the healing process and can lead to poor surgical results.

If you have **questions** or **concerns**, please contact your doctor's office listed below.

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### ARC ENT Locations

**ARC Cedar Park Medical Plaza** | 1401 Medical Parkway, Building B, Suite 200 | Cedar Park, Texas 78613 | 512-260-1581

**ARC Far West Medical Tower** | 6811 Austin Center Boulevard, Suite 300 | Austin, Texas 78731 | 512-346-8888

**ARC Kyle Plum Creek** | 4100 Everett, Suite 400 | Kyle, Texas 78640 | 512-295-1333

**ARC Round Rock** | 940 Hesters Crossing Road | Round Rock, Texas 78681 | 512-244-9024

**ARC South 1st Specialty** | 3816 South 1st Street | Austin, Texas 78704 | 512-443-1311