

_____’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**.



January 2022





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



