

Wichita Ear Clinic

Discharge Instructions for Fistula Repair

DIET

- You may resume your normal diet. Keep hydrated, drink 6 – 8 glasses of water or other fluids each day. If you become nauseated, withhold food and liquids for 2 hours and start again with clear liquids. Then progress diet as tolerated.
- A mild temporary taste disturbance is common. This usually subsides in a few weeks.
- Pain medication may cause constipation. Eat plenty of fresh fruits, vegetables, whole grain cereals and breads, raisins and prunes to help prevent constipation. If constipation occurs, take a stool softener or laxative as directed. (Colace or Miralax) Do not strain during bowel movements.

DRESSING

- You can remove the outer Band-Aid and cotton ball after 24 hours. Replace with cotton ball and change the cotton as needed for 3 days, then leave open to air.
- Expect some clear or bloody drainage for the first few days. If drainage is excessive or pus or yellow drainage becomes present, contact the office.
- Do not wash your hair for 2 days. **Keep ALL water out of the ear.** When there is a chance of water getting in the ear (while washing hair, bathing, etc.) make a ball of cotton that will fit into the ear canal- cover it with Vaseline and insert in the ear. The Vaseline is used to make a barrier for the water to not penetrate the cotton ball. Keep all water out of the ear until cleared by Dr. Lasak.
- **NO SWIMMING.**
- You may experience some pulsating, popping and crackling in the ear. This is normal and should not be concerning.

ACTIVITY

- You may tire easily today. Rest and nap as needed. Anything that you do, do it SLOWLY. Climb stairs slowly and as tolerated.
- Do not drive, operate heavy machinery, make important decisions or drink alcoholic beverages for at least 24 hours from the time of the surgery or if you are taking narcotics.
- **Air travel is not permitted for 3 weeks.**
- Sleep in a recliner or with the head of the bed elevated with pillows for the **next TWO WEEKS**
- **DO NOT BLOW YOUR NOSE!** If necessary, wipe nose gently. If you need to sneeze do so with your mouth open.
- Avoid catching a cold or being around someone with cold symptoms.
- Do not push or pull heavy objects and **do not lift more than 20 pounds for two weeks.** Avoid strenuous exercise, including bike riding, yard work, vacuuming, mopping, and lifting young children or heavy house cleaning until you see your doctor.

MEDICATIONS (take all medications as prescribed)

- Mild intermittent pain is expected. Tylenol is usually adequate for pain relief.
- You may take Dramamine (over the counter) 1 tablet 3 times daily for dizziness.

CALL THE DOCTOR IF ANY OF THE FOLLOWING OCCUR:

- Severe pain not relieved by pain medication
- A bad smell or yellow color drainage, streaking of redness, or heavy bleeding around your incision.
- Temperature above 101°
- Persistent nausea and vomiting
- Dizziness and fainting
- Unable to urinate for more than 6 hours.
- Contact your doctor if you have any questions or concerns

Follow-up: Make an appointment to be seen in 7-10 days.

I have read and understand the discharge instructions and reviewed them with the nurse.

Patient/Guardian Signature

Nurse's Signature

Date