

## **MASTOIDECTOMY**

Mastoidectomy is an operation to remove disease from the bone behind the ear, when medical management is inadequate. There need not to be drainage or ear pain for mastoid disease to exist. Sometimes a mastoidectomy is required in order to gain better exposure to the middle ear and attic. Although complications do not often occur, they include persistent ear drainage, infection in the mastoid cavity and hearing loss. Facial nerve injury, (paralysis of the face on the side of the surgery) is a rare but potential hazard of mastoid surgery. There may be dizziness for a short time after surgery, but it is rarely permanent.

Approximately 4 days following surgery, a follow-up visit is necessary to clean crusts from the surgical site. A further follow-up visit is then scheduled in 2 to 6 weeks.

### **POST-OP INSTRUCTIONS**

You should stay at home for one day following surgery and observe for bleeding. Bleeding is rare but observation should be maintained. Any bright red bleeding should be reported to your doctor if it persists longer than 10 minutes or is profuse. Blood tinged drainage is normal.

General anesthesia will be used and you may be nauseated. This usually clears after a few hours. If the nausea persists after you vomit repeatedly, your physician should be contacted. Gradually increase to normal activity over a 1-week period.

- Do not blow your nose. Blowing your nose, coughing or sneezing increases pressure inside your ears and may cause damage to your operation. If you must cough or sneeze, do so with your mouth open. If coughing is persistent, notify your physician.
- Do not let water enter your ear until advised by your physician that your ear is healed. You may take a shower and wash your hair after 24 hours, but you must protect your ear with a cotton ball and petroleum jelly covering the outer ear canal.
- Do not remove the packing from your ear canal. You may change the cotton ball on the outside of the ear, but do not take anything out of the ear canal.
- To avoid unnecessary infections, you should take the antibiotics prescribed by your physician. There also will be a pain medication prescribed. In addition, your physician will prescribe eardrops that should be put on the packing of your ear to soften it in order to make it easier for removal by your physician. You may also receive an antibiotic.
- Follow your physician's instructions.