

# SAN FRANCISCO OTOLARYNGOLOGY

*Providing ear, nose, and throat care since 1940*

- Myringotomy
- Stapedectomy
- Tympanostomy
- Tympanoplasty
- Tympanomastoidectomy

## DISCHARGE INSTRUCTIONS

1. Avoid getting water in the ears. When bathing or showering, wear ear plugs or use Vaseline coated cotton in the ears.
2. Avoid blowing your nose. If you have to sneeze or cough leave your mouth open.
3. There may be drainage of blood tinged fluid from the ears during the first 72 hours.
4. If you experience lightheadedness or dizziness:
  - a. Lie or sit down immediately and rest. These sensations should pass.
  - b. Notify your doctor if you experience prolonged dizziness.
5. If you received local anesthesia, you may resume normal activities and diet today.
6. If you received any sedative drugs and/or anesthesia during your procedure:
  - a. Do not make any important decisions until the next day as some anesthetics have a delayed metabolism and can interfere with ability to perform these tasks.
  - b. Avoid alcoholic beverages for 1 week and while taking prescribed pain medication.
  - c. Do not drive or operate heavy machinery for 24 hrs and while taking prescribed pain medication.
  - d. Do not eat any heavy or large meals until the next day as a heavy meal may be difficult to digest. Spicy and greasy foods should be avoided.
  - e. After TYMPANOMASTOIDECTOMY, do not make any important decisions for 48-72 hours; do not drive or operate heavy machinery 48-72 hours & while taking prescribed pain medication.
7. If you develop any of the following symptoms, notify your doctor immediately:
  - a. Temperature greater than 101 degrees Fahrenheit.
  - b. Extreme pain not relieved by your prescribed medication, swelling, or excessive bleeding.
  - c. Inability to keep liquids down due to nausea and vomiting.
  - d. Facial weakness or mental confusion.
  - e. Any unusual problem you believe is related to your surgery.
8. After TYMPANOMASTOIDECTOMY, the ear drops will be used after the doctor removes the dressing; please call (415) 362.5443 to schedule a follow up appointment in 1 day to remove your dressing.

To reach the doctor:

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450 SUTTER STREET, SUITE 933, SAN FRANCISCO, CA 94108  
**PH 415.362.5443** **FAX 415.362.2429**

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1. For urgent or routine questions call the doctor's answering service by dialing (415) 362.5443 then press "7".

If for any reason you are unable to reach the doctor, please go to your nearest emergency room.

In San Francisco:

UCSF Emergency Room  
505 Parnassus Ave.  
(415) 353.1037

CPMC Emergency Room  
Pacific Campus  
2333 Buchanan St.  
(415) 600.6000

San Francisco General Hospital  
1001 Potrero Ave.  
(415) 206.8111