

S.C.E.N.T.

Southern California Ear, Nose and Throat
433 E. Wardlow Rd.
Long Beach, CA 90807
Phone: 562.427.0550 Fax: 562.988.8899

Post-Operative Instructions for Mastoidectomy

Procedure:

The mastoid bone is located behind the ear and feels like a hard bump. Inside, it looks like a honeycomb, with the spaces filled with air. These spaces or “air cells” are connected to the middle ear through an air filled cavity called the mastoid antrum. The mastoid bone serves as a reserve air supply to allow normal movement of the eardrum. However, its connection to the middle ear creates a pathway through which infections can spread to the mastoid bone, known as mastoiditis.

INSTRUCTIONS FOR HOME:

Expectations:

- If additional bleeding is noted on the dressing after you leave the hospital, please call us
- Dizziness and/or vomiting are NOT normal, please call us
- Drainage from the ear or passing of small bits of packing MAY persist for up to six (6) weeks after surgery. Sometimes drainage will appear blood tinged.
- If or increasing pain, call us
- Drainage from the wound behind the ear is abnormal- call us immediately
- Hearing will be decreased due to packing in the ear

Diet:

On the night of surgery limit the patient to a light diet to help prevent vomiting after the surgery. The patient does not need to eat or drink until the next day. If desired, soups, Jell-O, juices, and popsicles are allowed. No heavy foods, including milk, should be eaten on the evening of surgery. On the day after surgery, the patient may eat anything he or she wants, as long as the stomach had settled.

Some children after mastoidectomy will refuse to eat or drink. If this is severe enough, the child could become dehydrated. Signs of dehydration are: a low grade temperature, dark “straw” colored urine, little or no urine output, dry cracked lips,

sunken eyes, and absence of tears when crying. Call our office if your child experiences these symptoms and you are concerned.

Activity:

- Return to most activities of daily living and school as tolerated.
- NO physical education classes, competitive sports, or swimming until instructed by physician
- No heavy lifting or staining.
- Limit nose blowing.

Ear Care:

- Leave the bandage on as directed by the surgeon
- If the dressing comes off, please call us
- No hair washing until after your follow-up visit with your surgeon

Medications: Take antibiotic as prescribed

Tylenol is almost always adequate for pain relief

DO NOT USE ASPIRIN OR IBUPROFEN PRODUCTS SUCH AS ASPERGUN, ALEVE, MOTRIN, OR ADVIL AS THEY CAN CONTRIBUTE TO BLEEDING. AVOID SUCH HERBALS AS GINSENG, GINGKO, OR GARLIC SUPPLEMENTS

Follow-Up: Schedule the patient for a follow-up appointment in our office 1 week after surgery.

If you have any questions, problems, or need to schedule (or reschedule) an appointment, please contact our office at 562.427.0550