

EUSTACHIAN TUBE PROCEDURES POST-OPERATIVE INSTRUCTIONS

1. Sleep with your head elevated on an extra pillow for the first 48 hours.
2. Do not blow your nose or try to hold (stifle) sneezes for one week. It is ok to sniff, wipe your nose or sneeze with your mouth open.
3. If you have had Eustachian tube dilation, after the first week, begin doing modified Valsalva maneuvers hourly during waking hours for one month or until it becomes easy.
 - a. Hold nose and mouth closed.
 - b. Begin to blow nose, gently raising the pressure.
 - c. Swallow hard to pop the ear open.
4. If a tube or perforation was placed in your eardrum, do not get any water into the operated ear until it has healed or the tube removed. For maximal protection, bathing after surgery can be done using a good fitting waterproof earplug or by thoroughly saturating a cotton ball with Vaseline to waterproof it and placing it over the opening of the ear. Do NOT use plain cotton (wicks water into the ear).
5. Keep your nose humidified. Use saline nasal spray (such as Ocean Saline Spray) frequently throughout the daytime. If your bedroom is dry, consider using a room humidifier.
6. Avoid strenuous activities, sports and straining for 10 days. Driving and returning to work or school are permitted when you feel capable and unimpaired.
- ***Call Dr. Song at 770-225-1874 if the following occur:***
 - Excessive discomfort.
 - Increasing pain.
 - Steady nasal bleeding.
 - Any other unusual symptoms or concerns.
- **If you need to call after hours or on the weekend, please call the office at 770-225-1874.**