



Santa Barbara ENT
Rebecca D. Golgert, MD
2420 Castillo Street, Suite 100
Santa Barbara, CA 93105
Phone (805) 563-1999
Fax (805) 563-4999

OUTPATIENT SURGERY

INSTRUCTIONS FOLLOWING CANALOPLASTY

PAIN / DISCOMFORT

You may use plain Tylenol or your prescribed pain medication. You should not take plain Tylenol within four hours of taking Tylenol with codeine, Vicodin, Percocet, Darvocet, or Lortab as these narcotic prescription drugs already contain Tylenol.

DRAINAGE

It is normal to have some blood-tinged drainage after surgery. The dressing can be removed as long as there is not significant drainage. Dr. Golgert should be contacted if the dressing is saturated with blood more frequently than every two hours.

WATER CONTACT

Keep water out of the ear in the shower with Vaseline over a cotton ball. You will not be permitted to swim or surf until the ear has completely healed which takes between 3-6 weeks.

ADDITIONAL INSTRUCTIONS

Keep your head elevated on at least 2-3 pillows for the first 36 hours after your operation. Avoid heavy lifting, coughing, athletic or other strenuous activity. Sneeze with your mouth open. Do not blow your nose hard.

FOLLOW-UP APPOINTMENT

Dr. Golgert would like to see you in approximately 1 week. The ear will be cleaned at that time to remove some of the ointment and dried blood from the ear canal.

EMERGENCIES

If you have a fever above 100, persistent nausea/ vomiting, facial weakness or severe vertigo, please contact Dr. Golgert through the office number (805)563-1999. If Dr. Golgert is unavailable, the doctor "on call" will be listed on the office message. If you are unable to contact a physician and you have an emergency, then call 911 or proceed to the nearest Emergency Room.

11/5/15