

Name: \_\_\_\_\_

### How do I care for myself at home?

- Prevent water from going in your ear when you shower
- Ask your doctor or nurse when you can remove your dressing
- If you do not have a dressing you may place cotton in the ear at night
- Place a dry cotton ball dipped in Vaseline into the outer ear when showering
- Blowing your nose, sneezing or bending over may make you dizzy or cause an earache
- Avoid sudden movements and strenuous activities as these may cause pain

### Ear dressing:

- If you have packing or a dressing do not get it wet
- When stitches are uncovered keep them clean and dry
- Be careful when you comb and brush your hair
- Be careful when you use a hair dryer or curling iron

### What medicines do I take?

- Your doctor may give you a prescription for an antibiotic
- Be sure to follow the directions on the medicine bottle
- Be sure to take the pills until they are all gone

### What if I have pain?

- Your doctor may give you a prescription for pain medicine
- Follow the directions on the medicine bottle
- Do not wait until the pain gets bad
- You may take over-the-counter medicine such as acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) unless your doctor or nurse tells you not to

**Call your doctor or go to the emergency if you have:**

- A bad earache and the pain medicine does not help
- A lot of drainage from your ear
- Dizziness or ringing in the ears that does not stop
- Vomiting and Gravol does not help
- A fever of 38° C or 100.4° F
- A skin rash

**Questions or Concerns:**

Health Link BC: 811

(604) 215-2400

Hearing Impaired: 1 866 889-4700

Or, contact your physician

**In an Emergency:** Call 911 or go to the hospital emergency room