

Esteem Post Operative Instructions

- Keep Dressing on ear overnight. Remove dressing by loosening the Velcro strap. Expect some blood to be on the dressing.
- There will be tape glued to the skin behind the ear; do not try to remove the tape until it is loose and peeling off of the skin. Expect the tape to stay 3-4 weeks.
- Do not pick or scratch the incision. Do not pick or scratch your ear canal. Do not put Q-tips in your ear canal
- You may clean around your ear (but not the incision) with alcohol or alcohol gel starting the day after surgery.
- You may shower 3 days after surgery, but keep the incision dry. The incision needs to be kept dry for 10 days. Also, keep water out of your ear canal by placing a cotton ball in the ear canal then cover with Vaseline. Blot the cotton ball to remove water before taking cotton out of the ear. Briefly wash the area around the incision. Do not scrub around the incision. Lightly blot to dry.
- No special diet is needed after surgery
- Please take all medications as directed. Take antibiotics until finished.
- Start ear drops the day after surgery
- DO NOT TAKE VITAMINS OR NUTRITIONAL SUPPLEMENT FOR 8 WEEKS
- Observe light activity for 2 weeks after surgery.
- Call 408-227-6300 for questions or concerns. After working hours and on weekends an operator will answer the phone. The doctor on call can answer general questions. If there is a question regarding the implant please ask to be contacted directly to Dr. Murray
- Please call if you have a temperature greater than 101 degrees Fahrenheit.
- It is normal for blood to drain from the ear into the throat and nose. You may notice blood coming from your nose. DO NOT BLOW YOUR NOSE.
- Please contact my office to confirm your post-operative visit.
- Your activation date is coordinated by Envoy. You will be contacted approximately 4 weeks after surgery to schedule the activation.
- For Emergencies-please go to the emergency room or call 911
- Additional instructions will be given at your follow up appointment