Do you want to know?

Mastoiditis/Mastoidectomy

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What is it?

It is an acute or chronic inflammation of the air cells in the bony skull in the area behind the ear with or without destruction of the bony mastoid air cells. It may occur as a complication of the inflammation of the ear. Signs and symptoms may include:
redness and swelling behind the ear, earache, headache, high temperature, decrease in hearing, dizziness, and vomiting.
Mastoidectomy is the surgical procedure for mastoiditis.

What do you need to know?

Drugs
Take the medications as prescribed by your physician.

Diet
Increase food intake as tolerated.

Activity
- Resume gradually the daily activities as instructed.
- Avoid heavy exercise for 3 weeks post surgery.

Therapeutic Measures
- Open your mouth when sneezing or coughing for the first 3 weeks after surgery to prevent an increase of pressure at the operated site.
- Blow the nose gently one side at a time in order not to exert pressure at the operated site.
- Keep ear dry and avoid water entry after surgery until instructed otherwise.
- Use cotton balls covered with water-insoluble gel during shampooing, showering, and swimming as a barrier to water contamination.

Considerations
- Avoid bending at the waist, lifting heavy objects, straining during defecation and participating in heavy exercises to prevent pressure changes inside the ear for at least 3 weeks.
- Get the approval of the surgeon before traveling by plane.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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