



**Vincent B. Ostrowski, M.D.**  
**Jamie P. Weber, NP-C**  
7440 N. Shadeland Avenue, Suite 150  
Indianapolis, Indiana 46250

Phone:  
**(317) 842-4901**  
Toll Free:  
**(800) 818-3277**  
Fax:  
**(317) 842-4393**

## **CHEMICAL PERFUSION – Dexamethasone: Postoperative Instructions**

### **Medications**

1. You will be given a prescription for **Dexamethasone drops**, which are available **ONLY** at the following pharmacies:

**Custom Med Pharmacy**

Eagle Creek Plaza  
5510 Lafayette Road, Suite 260  
Indianapolis, IN 46254  
Phone 317-803-3436

*(NOTE: This provider does not accept insurance plans)*

**Wellspring Pharmacy**

Community North Hospital  
7150 Clearvista Parkway, Suite 1900  
Indianapolis, IN 46256  
Phone 317-621-5273

**Family PharmaCare Center**

West Lafayette  
500 Sagamore Parkway,  
West, Suite 5W  
West Lafayette, IN 47906  
Phone 765-497-7000

and also a prescription for **Ciprodex drops**, which can be obtained at any pharmacy.

2. Also purchase a new package of **cotton balls** at the drugstore for dressing changes. Do not use cotton from an open package, as it may not be sufficiently clean.

3. Beginning the day following your initial procedure, administer the Dexamethasone three times a day—once in the morning, once in the afternoon, and once before bedtime—following these instructions:

- Lay on your back with your head turned to the side so the ear being treated is up.
- Place three (3) drops of Dexamethasone into the ear. Lie with your head still turned to the side for 15 minutes.

NOTE: After the evening administration of Dexamethasone, immediately add three (3) drops of Ciprodex to the same ear and lie with your head turned to the side for 15 minutes.

- Following the administration of the drops, lightly place fresh cotton in the ear.

4. You will be seen in the office once a week to test your hearing and undergo other tests to evaluate the effectiveness of the therapy. At these visits you will be instructed whether or not to continue using these drops. Usual duration of treatment is two to four weeks.

5. If oral medications are prescribed, take them as directed and be sure to finish all of the medication.

### **What else to expect:**

- It is common to experience occasional popping and crackling noises after surgery, as well as some discomfort, which may be relieved by taking acetaminophen (Tylenol). Do not use products containing aspirin, such as Excedrin. If your pain is not controlled by acetaminophen, you may use the prescription pain medicine.
- Unless you are instructed otherwise at discharge, you may wash your hair after three to four days. However, for the first three weeks after surgery, protect the ear with a cotton ball coated with petroleum jelly.
- You will typically not need to be off work longer than the day of surgery unless other procedures were also done at the time of your Chemical Perfusion. The doctor will tell you at discharge how long you should stay off work.

**Questions?** If you have any questions or concerns between office visits, call us at 317-842-4901 or toll free 800-818-3277. After hours, our answering service will contact the doctor for you.