

INSTRUCTIONS FOR PATIENTS AFTER STAPEDECTOMY

1. We will send prescriptions home with you. Take all the medication (we will prescribe pain medication if necessary). If there are any questions, please call our office.
2. Please do not blow your nose until your doctor has indicated that your ear has healed. If there are any accumulated secretions in the nose, you may draw these back into the throat and expectorate them into a tissue. If you do get a cold, you may use oral and nasal decongestants.
3. Keep water out of the ear for two weeks. When showering or washing the hair, you should place a piece of cotton with some Neosporin or lamb's wool, available in the foot care section of the pharmacy, at the ear opening. Take care to avoid getting the operated ear wet. Avoid hairdryer use for two weeks.
4. You may anticipate a certain amount of pulsation, popping, clicking and other sounds in the ear and also the feeling of fullness. At times, it may feel as if there is liquid in the ear.
5. Occasional shooting pain in the ear is not unusual. You should not have continual ear pain after a few days; if you do, please call our office.
6. A discharge may be present. You may use cotton next to the outer ear opening to absorb any ear drainage. A slight watery discharge, often blood-tinged, is not unusual for a period of a week after surgery. If this discharge continues longer or a yellow (infected) discharge develops at any time, please call our office.
7. Make an appointment for about one week after surgery. Your physician will remove the packing, if any, in the ear about a week after surgery. After they remove the packing, you may notice that your hearing will have a "hollow" or "tinny" quality. This will disappear within a few weeks.
8. Hearing may become worse the day after surgery and may not improve for several weeks.
9. Please schedule an appointment for a hearing test with our office for approximately one month after surgery. Additional tests will be necessary in six months and then on yearly intervals thereafter.
10. If sneezing occurs during the first week following surgery, please sneeze with the mouth open. If you hold your hand tightly over your mouth while sneezing, a sudden increase in pressure may occur in your ears and cause problems.
11. If you feel dizzy, someone should help you to and from the bathroom the first few days after surgery.
12. Momentary dizziness from time to time during the first few weeks following surgery is not unusual. However, if you have persistent (not momentary) dizziness after you are at home, please notify us to speak with the ENT doctor.
13. If dizziness is present, you should avoid driving your car under all circumstances. You should avoid heavy traffic for two weeks, even though there is no sign of dizziness.
14. Do not fly one month after surgery. Flying in a pressurized commercial airplane is permitted after the first month. Flying in other types of airplanes should be avoided for the first 60 days.
15. If your work requires you to be in a noisy environment, you should wear hearing protection in the operated ear while at work. Discuss the type of ear protection you can use with your doctor. You should not fire a gun unless the ear is protected. Extremely loud noises may damage your ear unless you wear ear protection when there is noise present. Take these precautions at all times in the future.
16. Occasionally, patients will notice a funny metallic taste in their mouths after surgery. This taste will generally subside.
17. Do not have dental work requiring drilling of the teeth until three weeks after surgery.
18. You should avoid scuba diving.