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Instructions following Stapedectomy

General

Through a surgery called stapedectomy, a surgeon removes all or part of the original stapes bone and replaces it with an artificial device. The result allows sound waves to be sent once again to the inner ear for hearing. The surgeon performs the procedure through the ear canal and uses an operating microscope.

Diet:

Unless otherwise directed, you may have liquids by mouth once you have awakened from anesthesia. If you tolerate the liquids without significant nausea or vomiting then you may take solid foods without restrictions. Generally, patients experience a mild sore throat for 2-3 days following Intubation. This usually does not interfere with swallowing.

Dressing:

After surgery, if you have a head dressing, remove it on the second post operative day. A cotton ball in the ear opening will be found when the dressing is removed. Please remove the cotton plug on the second day after surgery. You may see further packing in your ear canal. Leave this until your post-op visit.

Do NOT get water in the operated ear. Use petroleum jelly (Vaseline) coated cotton to plug the ear for bathing until the doctor tells you the ear is ready for water exposure.

No nose blowing for a minimum of two (2) weeks.

Open mouth to sneeze for two (2) weeks. Do not stop a sneeze by squeezing your nose.

Drainage:

A bloody or watery discharge is expected during the healing process. A cotton ball with Vaseline may be placed in the ear and changed as needed. Any dried blood in the outer ear may be gently cleaned with a Q-tip and hydrogen peroxide.

Pain Control:

You will be given a prescription for a pain medication, which may be taken for the first several days after surgery. Mild, intermittent ear pain is not unusual during the first 2 weeks after surgery. Pain above or in front of the ear is common when chewing.

DIZZINESS :

Dizziness may occur following surgery. Swelling in the inner ear usually causes this. You may not notice the dizziness until 2-3 days following surgery. This is when the swelling is the greatest.

HEARING:

Do not be alarmed if you do not notice improvement in your hearing immediately following surgery. Packing was placed in your ear canal and on the inside of your ear during the operation. The packing in the ear canal will be removed when you see your doctor for your post-operative appointment. The packing on the inside dissolves on its own.

MEDICATIONS:

When discharged from the hospital/clinic, you will be given two prescriptions. One prescription may be an antibiotic which should be taken as directed until it is completely gone. A second prescription will be for pain medication.

Activity:

No lifting, straining, bending, or stooping for two (2) weeks after surgery.

Some patients are dizzy for a while after surgery. Resume driving and return to work when your dizziness and/or lightheadedness have improved.

Dizziness after surgery usually improves more rapidly the more active you are. Avoid ladders, step stools, and unprotected heights until you can move quickly in any direction without dizziness or lightheadedness. The more quickly you work back into normal routines, the more quickly you will feel better and energy will return.

Follow-up Appointment:

Your follow-up appointment in the office will be 1 week following your surgery. This visit should be scheduled prior to your surgery (at the time of your pre-operative visit). If you do not have the appointment made, please contact our office when you arrive home from the hospital.

*****Your physician will send 2 prescriptions in for after surgery. One will be and antibiotic and one will be pain medicine. Please pick these prescriptions up at your pharmacy BEFORE your scheduled surgery.**