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## INSTRUCTIONS FOR PATIENTS AFTER STAPEDECTOMY

1. Prescriptions will be sent home with you. All the medication should be taken (pain medication will be prescribed if necessary). If there is any question, 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, these may be drawn back into the throat and expectorated into a tissue. If you do get a cold, oral and/or nasal decongestants may be used.
3. Keep water out of the ear for two weeks. When showering or washing the hair a piece of cotton with some Neosporin or lamb's wool, available in the foot care section of the pharmacy, should be placed at the ear opening. Care should be taken 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. Cotton may be used 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. Should this discharge continue longer, or should a yellow (infected) discharge develop at any time, please call our office.
7. Make an appointment for about one week after surgery. The packing, if any, in the ear will be removed about a week after surgery. After the packing is removed 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 after you are at home you have dizziness which is persistent (not momentary), 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 hearing protection should be worn 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 ear protection is worn when there is noise present. These precautions should be taken at all times in the future.
16. Occasionally, after surgery, patients will notice a funny metallic taste in their mouths. This too will generally subside.
17. Do not have dental work requiring drilling of the teeth until three weeks after surgery.
18. SCUBA diving should be avoided.