

POST-OPERATIVE INSTRUCTIONS:
Stapedectomy

These are general guidelines only. Your case may be different. If your physician has given you specific instructions, please follow them.

DEFINITION:

- **Stapedectomy** - is the removal of the stapes in the ear for treatment of otosclerosis. It is replaced with prosthesis to restore and improve hearing.

ROUTINE INSTRUCTIONS:

Activity:

- Restricted activity for 24 hours.
- First weeks; no lifting weight equivalent to 10 pounds, no vigorous physical activity, no bending with head lower than the chest.

Diet:

- Begin with fluids, then light food. Encourage fluids.
- No straws.
- Diet may be gradually increased until taking usual diet.

Medication:

- Go back to any prior medications.
- Follow your surgeon's order regarding the continuation of any new medications.

WHAT TO EXPECT:

- Some dizziness after surgery may occur.
- Keep ear dry and clean.
- Avoid shampooing your hair until your physician tells you that you may do so.
- Do not blow your nose for one (1) week following surgery.
- Avoid crowds or exposure to colds.
- Do not remove packing from ear canal.
- Small amount of blood tinged drainage can be expected.

CONTACT YOUR PHYSICIAN IF YOU HAVE:

- A fever of 101 degrees (by mouth) or higher.
- Severe dizziness with nausea and vomiting.
- There is pain after the first few days.
- There is fresh bleeding from the ear.

POST-OPERATIVE CARE:

- Your surgeon will wish to see you in the office for a follow up appointment. Please call the office for a date and time.
- If you have an urgent problem and are unable to reach your physician/surgeon, please go to the Emergency Room.

PRECAUTIONS:

- You should not drink alcoholic beverages or operate power driven equipment/appliances while taking pain medication.
- Do not put anything into the ear canal unless your physician tells you to.
- No swimming.
- Keep operated ear dry and clean.

If you have any concerns not covered here or by your surgeon. Please contact the office. After office hours the telephone answering machine will instruct you as to how to contact the physician on call.

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