

INSTRUCTIONS FOR POSTOPERATIVE CARE OF YOUR EARS
STAPEDOTOMY WITH FASCIAL GRAFT

I was able to perform your surgery completely through the ear canal using a small speculum. All incisions are in the skin of the ear canal. At the completion of the case packing and a cotton ball were placed in your ear canal.

There is a small incision behind your ear where some tissue was taken and packed around your new hearing prosthesis to secure it in place.

Tomorrow you may remove the cotton ball from the ear. Please apply the drops to the packing in the ear canal twice a day until directed otherwise. Drainage can occur for the first few days and is normal. Use antibacterial ointment once daily on the incision behind the ear to keep it hydrated.

To prevent water from getting in your ear, place a cotton ball in your outer ear and coat it with Vaseline ointment. Keep the ear canal dry for one month. For the incision behind the ear, keep it dry for 48 hours (2 days).

YOU SHOULD NOT LIFT ANYTHING MORE THAN 10 POUNDS OR BLOW YOUR NOSE UNTIL THE DOCTOR SEES YOU IN THE OFFICE AFTER SURGERY. If you have to sneeze, please open your mouth. Do not fly or swim until the doctor allows you to do so. Generally, patients who undergo a stapes operation are not cleared to fly for about 1 month. Swimming or any water exposure is prohibited until the ear is fully healed which usually takes 3-4 weeks.

Dizziness is very common after Stapes surgery and is usually mild disequilibrium with quick head or body movements. Rarely, does severe vertigo happen. If it is severe, lasting for hours, please call the office.

Taste disturbances on the surgical side of your mouth may be noticeable. These problems are usually temporary and improve after a few weeks.

There should be some mild pain after surgery and this should subside in a few days. We will give you a prescription for pain medication that you should use only as needed. If you use Aspirin daily, please don't restart until after 48 hours from surgery. You may use over-the-counter ibuprofen or naproxen after 24 hours. If you are uncertain about the use of a medicine, please call this office.

Call this office immediately if you have any problems at 616-249-8000.