



## **POSTOPERATIVE INSTRUCTIONS FOR STAPEDECTOMY**

### **What might you expect following surgery?**

1. A cotton ball will be in the ear canal. Please remove the cotton plug and band aide on the second day after surgery. You may see further packing in your ear canal. Leave this until your post-op visit.
2. 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.
3. No nose blowing for a minimum of two (2) weeks. Open mouth to sneeze for two (2) weeks.
4. No lifting, straining, bending, or stooping for two (2) weeks after surgery. Between two (2) and six (6) weeks after surgery, do not lift over 10 pounds (about the weight of a gallon of paint) unless otherwise instructed.
5. Avoid airplane flights for three (3) weeks post-op. From three (3) to three (3) months post-op, decongest your nose with Afrin nasal spray 30 minutes prior to take off and 30 minutes prior to landing if flying.

**\*\*\*2 days before your post-op visit, start 2 drops of the ear drops to operated ear twice a day to soften the ear packing\*\*\***

### **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 swelling is the greatest.

### **HEARING**

Do not be alarmed if you do not notice improvement in you 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 first post-operative appointment. The packing on the inside dissolves on its own. If reconstructive surgery was done to improve your hearing, we will test your hearing about 3 months after surgery. Maximum improvement may require 4-6 months.

### **DRAINAGE OR DISCHARGE**

A bloody or watery discharge is expected during the healing process. Call Dr. Ojo's office for a yellow or green discharge or excessive discharge. Discharge with foul odor should be reported.



**ENGLEWOOD**  
**EAR NOSE & THROAT**

ALLERGY - AUDIOLOGY - FACIAL PLASTICS

Bryan T. Ho, M.D.  
David A. Lewis, M.D.  
Rosemary B. Ojo, M.D.  
Sharon D. Ramos, M.D.

**PAIN**

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. If you have persistent ear pain not relieved by a regular dose of Tylenol or Advil after the first several days, call your doctor's office.

**TASTE DISTURBANCE AND DRY MOUTH**

Taste disturbance and dry mouth are common for a few weeks following surgery. In some patients, this can last a few months. In case of an emergency, please call (201) 816-9800.