

## STAPEDECTOMY POST OPERATIVE INSTRUCTIONS

### Leaving the hospital

1. If you have not already been given a postoperative appointment, please ring and arrange a visit for approximately 2 to 3 weeks after surgery.
2. Any medication you are prescribed, should be taken as directed on the bottle.
3. There are no dietary restrictions, although after a general anaesthetic it may be best to start with clear liquids.

### The Dressing

Remove the ear dressing the day after surgery, It is not unusual to have bloody drainage on the gauze. The cotton in the ear canal is to be removed and changed daily or second daily as required. Once the discharge has subsided leave the cotton wool out, and ensure that no water enters the ear canal. The small incision behind the ear lobe should be kept dry, there is a small dissolvable stitch that falls out 2 to 3 weeks after the surgery.

### Precautions

1. DO NOT blow your nose for 6 weeks. Any accumulated secretions in the nose may be drawn back into the throat and expectorated if desired. This is particularly important if you develop a cold.
2. DO NOT "pop" your ears by holding your nose and blowing air through the Eustachian tube into the ear. If it is necessary to sneeze, do so with your mouth open.
3. DO NOT allow any water to enter the ear until advised by your doctor that the ear is healed. In the meantime, when showering or washing the ear, cotton may be placed in the outer ear opening and covered with Vaseline.
4. DO NOT take any unnecessary chance of catching a cold. Avoid undue exposure or fatigue. Should you catch a cold, treat it in your usual way, reporting to us if you should develop ear symptoms.
5. You may anticipate a certain amount of pulsation, popping, clicking and other sounds in the ear, and also a feeling of fullness in the ear. Occasional sharp shooting pains are not unusual. At times, it may feel as if there is liquid in the ear.
6. DO NOT plan to drive a car home from the hospital. Air travel is permissible two weeks following surgery. When changing altitude, you should remain awake and chew gum to stimulate swallowing.
7. DO NOT perform any heavy

- lifting (more than 15 kilograms) or vigorous physical activity (including sport) for three weeks after surgery.
8. Some minor dizziness is expected after the surgery. Please contact us if there is dizziness lasting more than 72 hours after surgery.