
POST-OP INSTRUCTIONS FOR STAPEDECTOMY

Diet

In the immediate post-operative period, you may experience some vertigo, nausea, or vomiting. It is therefore preferable to stick to a liquid diet or a light bland meal. A regular diet may be resumed the day after surgery. It is not unusual to experience some earache when chewing and possibly, some difficulty in fully opening the mouth.

Wound Care

The operated ear is usually packed and full of blood. It will feel clogged and you may hear crackling sounds. You may have a stitch or two on the earlobe or the tragus (the little cartilage knob in front of the ear canal). You will have a cottonball in the ear; change it when it gets soaked and replace it with a clean cotton ball. It is not necessary to use a Band-Aid or adhesive tape to hold the cotton ball. Just use a little antibiotic ointment to make the cotton ball stick.

In very rare instances, if an incision is made behind the ear, you may have a dressing wrapped around the head or sutures behind the ear. Please keep that dressing dry and avoid water at any cost. You can remove the dressing in 2 days after the surgery.

1. Do not allow any water to enter the operated ear. Protect the ear during showering or washing the hair with a large cotton ball coated with Vaseline. It is a good idea to have someone help you with washing the scalp to avoid water. When finished washing, remove the coated cotton, wipe the ear with a soft paper tissue, and place a clean, dry cotton ball. A little antibiotic ointment may help the cotton ball stick and stay in place. A shower cap provides extra protection.
2. Thick, dark or bloody ear drainage is expected during the first week after surgery. You may clean the crusting from the outer part of the ear with peroxide and Q-tips. Replace the cotton ball in the ear with a clean, dry piece when the current one is soiled. Occasionally, you may see brown or dark red pieces of packing (Gelfoam) extruding from the ear canal. Do not attempt to replace them or to remove the remaining pieces that are still in the ear canal.
3. Do not blow your nose for at least two weeks from the day of surgery. Blowing can build excessive pressure in the operated ear and displace the eardrum.
4. If you have to sneeze, please do it with your mouth wide open to avoid pressure build-up in your ear.
5. When sleeping, try to sleep on the unoperated ear.

Medications

Antibiotics are usually prescribed; please take them as directed until they are all gone. You may take pain medication as needed. Pain medications cause drowsiness, somnolence, nausea, and constipation. Please refrain from driving, operating machinery, or making important decisions when taking painkillers.

Follow-up. Please call our office at **(909) 466-8400** to make a follow up appointment in a week.

Contact our office and report any: Excessive ringing in the ear, severe attacks of dizziness or vertigo or intolerable vomiting. Temperature above 102 degrees. Facial paralysis (inability to close the eye and crooked smile like in Bell's Palsy). For prescription refills, please call during office hours.