



**Otolaryngology  
Specialists  
of North Texas**

Pediatric and Adult Ear, Nose, & Throat Specialists

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## POST-OPERATIVE INSTRUCTIONS STAPEDECTOMY

**Recovery:** Recovery from anesthesia is usually about 2 hours. Nausea/vomiting and occasionally dizziness can occur in patients the day of surgery. If this persists, call the office for a prescription anti-nausea medication. Adults may NOT drive home from the surgery facility.

**Diet:** Fluid intake/hydration is always important after general anesthesia. There are no dietary restrictions after tympanoplasty/mastoidectomy.

**Activity: Activity is restricted after stapedectomy.** Expect to return to school or work after several days off, depending upon how you are feeling. Avoid strenuous activities for 3 weeks following surgery, as directed by you surgeon. No running, weightlifting, etc. A published report suggests that sexual abstinence should occur for 3 weeks after stapedectomy because of the physiologic changes that occur during sex could harm you ear. Three weeks after your surgery, you may begin to gradually intensify your workouts.

Until cleared by your surgeon, you must not allow water into the operated ear. This is easily accomplished by placing a portion of a cotton ball soaked in Vaseline in the outer ear for bathing/showering. If there is an incision behind the ear, it can get wet 48 hours after the surgery.

### **Instructions/expectations:**

**surgical dressing:** There will be either a cotton ball on the ear. The cotton ball can be changed if/when soiled. Any packing in the ear canal will dissolve over time. Use ear drops if recommended by your surgeon. The stitches on the front of the ear (the "tragus") will dissolve in 1-2 weeks.

**pain:** Expect some pain in the ear, and/or headache. A prescription pain medication will be provided, and is usually used for 1-2 days. Use this or acetaminophen as directed. If you have any questions about your pain, or difficulty controlling it, please call the office.

**hearing:** With packing in the ear, you may notice a decrease in hearing or unnatural sound in the operated ear, ear stuffiness, numbness of the ear and earlobe, mild swelling behind the ear, imbalance, or ringing in the ear. These can be expected and resolve over time.

**bleeding:** A small amount of oozing from the ears is expected. Thereafter, expect some oozing of old blood, pack material, and/or ointment from the ear. Drainage can be cleaned off the visible part of the ear with hydrogen peroxide on a qtip as needed.

**Medications:** Pain medication(s) or acetaminophen as per your surgeon's instructions as needed. Use the oral antibiotic as prescribed by your surgeon until it is gone.

**Follow-up appointment:** A routine follow-up visit is usually made for about 10 days after surgery, and thereafter, additional visits will be necessary. This first appointment is usually made when the surgery is scheduled.