



## **STAPEDECTOMY POST-OPERATIVE INSTRUCTIONS**

### **POST-OPERATIVE CARE**

You will leave the OR with an ear dressing over your ear. You may remove this 2 days after your surgery. At this time, you will start inserting antibiotic ear drops, 5 drops twice a day until your post-operative visit. These drops will be given to you the day of your surgery.

Do not get the ear wet x 2-4 weeks after surgery. It is fine to shower but do not let water get into the ear. To do this, place a cotton ball in the outside of the ear coated with Vaseline. Do not put anything down into the ear canal.

### **MEDICATIONS**

Take pain medication with food and do not drink alcohol or drive while using pain medicine. For the first few nights you should set your alarm for every 4 hours to take your pain medication. As your pain lessens, try using extra-strength acetaminophen (Tylenol) instead of your narcotic medication. If you are taking narcotic medication regularly you may begin to experience constipation and should take a stool softener. These medications are over-the-counter (such as Docusate Sodium).

### **ACTIVITY**

Do not blow your nose, sneeze or cough x 2-4 weeks after your surgery, if you must, do it with your mouth open. Avoid straining (e.g. when having a bowel movement), heavy lifting, strenuous activity and bending over for 2-4 weeks after surgery. This is to ensure the prosthesis stays in place. For the first few days, it is recommended to sleep and rest (watch TV or read a book). Sleep elevated the first 3-4 days after surgery to decrease swelling/pain. Typically, you will be cleared to return to the water 2-4 weeks after your surgery, pending your healing. This will be discussed at your post-operative visit.

### **DIET**

Patients who have received general anesthesia may experience some nausea and/or occasional vomiting. Therefore, we recommend you eat and drink in small quantities for the first 24 hours. Start with liquids and advance to a regular diet as tolerated.

### **GENERAL ANESTHESIA**

Do not drive for 24 hours following general anesthesia or while taking pain medication. Do not drink any alcohol for 24 hours following general anesthesia or while taking pain medication. You must arrange for a ride and have a responsible adult stay with you for 24 hours after surgery.

### **WORK**

Most patients plan to take 1 week off of work to recover. Every patient is different and some return to work sooner. This will depend on the extent of your surgery, your recovery experience and the nature of your work.



## **TRAVEL**

No airplane travel for at least 1 week following surgery due to risk of bleeding.

## **CALL OUR OFFICE (760) 479-2100**

For imbalance or vertigo, persistent temperature above 101.5 degrees or severe chills, nausea or vomiting, pain not relieved by oral medication, difficulty breathing, or profuse bleeding or purulent drainage from the affected ear.

## **FOLLOW UP APPOINTMENTS**

Your post-operative visit is approximately 7-10 days after surgery. This appointment should already be scheduled for you by our surgery scheduler.