



STAPEDECTOMY – Post-Op Care

- You will also **need some to stay with you at home for the first 1-2 days** until you can safely walk without pain, nausea or dizziness and care for yourself. In most cases, the patient can be back to normal activities and work within a week or two.
- Most patients experience a small amount of dizziness or buzzing but this should not last beyond the first several hours after surgery. If dizziness occurs and is mild, use Dramamine which can be bought at a pharmacy without a prescription. If the dizziness is excessive, call our office.
- It is preferable to have one's head elevated at all times to minimize the pressure of the inner ear fluids on the new graft. If possible, one's head should be turned with the unoperated ear against the pillow. The operated ear should be pointed towards the ceiling.
- **No heavy lifting** until permission from your doctor.
- **Avoid straining.** During the first week after surgery, (1.) use some form of **laxative** (for example, prunes, Metamucil, Colace, or a glycerine suppository), (2.) **open one's mouth when sneezing**, and (3.) **avoid blowing one's nose**, and (4.) **limit one's travel and exercise plans.**

Strenuous or contact sports (minimum: 3 weeks absence- discuss with your doctor) or scuba diving (lifetime avoidance) can all cause excessive pressure on the new graft which must separate the fluid of the inner ear from the air space of the middle ear.

- Do not be alarmed if you cannot hear normally after the surgery. This hearing loss is usually due to ear packing in the ear canal and fluid collecting behind the eardrum. The packing stays in the operated ear for a week. **Cotton** with or without a Band-Aid can be applied by the patient to the outer part of the ear canal when the original becomes soiled. Sometimes there will be a small amount of blood that can drain out of the ear canal. Call your doctor if there is a smelly discharge from the operated ear.
- Usually your doctor will have the patient place about five (5) drops of antibiotic solution (such as Floxin, Cortisporin, Ciprodex or Cipro HC) in the operated ear. Occasionally your doctor will prescribe an oral antibiotic.
- There will be a clear sticky dressing over the incision on the back of the hand. This should be left undisturbed for a week.
- Notify our office, if you have a fever > 100 degrees F, excessive pain, excessive smelly ear drainage, or dizziness.