

PERIOPERATIVE SERVICES

Post-Operative Instructions

Stapedectomy Surgery

PAIN:

Mild pain or pressure is normal after your surgery. Use Tylenol™ (acetaminophen) as directed for pain medication. Your Surgeon may have also given you a prescription for extra pain medication. Use as directed.

OPERATIVE SITE:

Upon discharge from the Hospital, you may have a small ear dressing. A small amount of bloody discharge from the ear is also common. A hearing improvement may take up to 6 weeks.

ACTIVITY:

You may walk and do light activities. Return to work or school according to what your Surgeon advises. **Avoid getting water into the ear.** The ear canal should be protected with a cotton ball with Vaseline on it when showering.

YOU SHOULD NOT:

- Blow your nose forcefully
- Lift heavy objects (more than 10 pounds) for at least 2 weeks
- Bend over (head down position) or strain
- If necessary, take a mild laxative to prevent constipation and straining with bowel movements

DIET:

Resume your usual diet the day following surgery. Increase the amount of fibre in your diet and drink plenty of fluids to prevent constipation.

FOLLOW-UP:

Your Surgeon will advise you of your follow-up appointment the day of your surgery. A Nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

CONTINUED ON OTHER SIDE →

NORS 892-15-11



Queensway
Carleton Hospital

ADDITIONAL INFORMATION:

- **It is common to experience loss of balance or dizziness after a Stapedectomy.** This usually goes away in about 7 days.
- **A metallic taste in the mouth is very common. This metallic taste usually goes away but may take up to 6 weeks to resolve.**
- No air travel for 8 weeks.

Go to the nearest Emergency Department if you have any of the following:

- Persistent dizziness and nausea/vomiting
- Severe pain
- Bleeding
- Elevated temperature (above 38°C or 100.4°F) and or chills lasting more than 24 hours
- Any facial paralysis

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your Doctor and Healthcare Team about your particular healthcare needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands saves lives.