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 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 or 4.5 kg) for at least 2 weeks.
* Bend over (head down position) or strain.

**DIET:**

Resume your usual diet the day following surgery. Increase the fibre in your diet and drink plenty of fluids to help prevent constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

You may also purchase an over the counter stool softener like Colace™ or a mild laxative if needed.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**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.

**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 (38oCor 100.4oF) and or chills lasting more than 24 hours.
* Any facial paralysis.

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer, and ask that your healthcare providers and visitors do the same." Clean hands save lives.