

Wichita Ear Clinic

Discharge Instructions for Stapedectomy

DIET

- You may resume your normal diet. Keep hydrated, drink 6 – 8 glasses of water or other fluids each day. If you become nauseated, withhold food and liquids for 2 hours and start again with clear liquids. Then progress diet as tolerated.
- A mild temporary taste disturbance is common. This usually subsides in a few weeks.
- Pain medication may cause constipation. Eat plenty of fresh fruits, vegetables, whole grain cereals and breads, raisins and prunes to help prevent constipation. If constipation occurs, take a stool softener or laxative as directed. (Colace or Miralax) Do not strain during bowel movements.

DRESSING

- You can remove the band aid and cotton ball dressing in 24 hours. Replace with a fresh cotton ball and change as needed.
- Do not wash your hair for 2 days. **Keep ALL water out of the ear.** When there is a chance of water getting in the ear (while washing hair, bathing, etc.) make a ball of cotton that will fit into the ear canal- cover it with Vaseline and insert in the ear. The Vaseline is used to make a barrier for the water to not penetrate the cotton ball. Keep all water out of the ear until cleared by your surgeon.
- **NO SWIMMING.**
- Expect some clear or bloody drainage for the first few days. If drainage is excessive or pus or yellow drainage becomes present, contact the office.
- You may experience some pulsating, popping and crackling in the ear. This is normal. The ear will feel plugged and hearing may be poor after surgery. This is due to the packing placed in the ear during surgery, do not be concerned. This could last up to 6-8 weeks before returning to normal.

ACTIVITY

- You may tire easily today. Rest and nap as needed. Anything that you do, do it SLOWLY. Climb stairs slowly and as tolerated.
- Do not drive, operate heavy machinery, make important decisions or drink alcoholic beverages for at least 48 hours from the time of the surgery or if you are taking narcotics.
- **Air travel is not permitted for 4 weeks.**
- **DO NOT BLOW YOUR NOSE!** If necessary, wipe nose gently. If you need to sneeze do so with your mouth open.
- Avoid catching a cold or being around someone with cold symptoms.
- Do not push or pull heavy objects and **do not lift more than 20 pounds.** Avoid strenuous exercise, including bike riding, yard work, vacuuming, mopping, and lifting young children or heavy house cleaning until you see your doctor.
- Do not climb on ladders or work on elevated surfaces for 7 days.

MEDICATIONS (take all medications as prescribed)

- Mild intermittent pain is expected. Tylenol is usually adequate for pain relief.
- You might be given a prescription for an antibiotic. Take until gone.
- You may take Dramamine (over the counter) 1 tablet 3 times daily for dizziness.

CALL THE DOCTOR IF ANY OF THE FOLLOWING OCCUR:

- Severe pain not relieved by pain medication
- A bad smell or yellow color drainage, streaking of redness, or heavy bleeding around your incision.
- Temperature above 101°
- Persistent nausea and vomiting
- Dizziness and fainting
- Unable to urinate for more than 6 hours.
- Contact your doctor if you have any questions or concerns

<p>Follow-up: Make an appointment to be seen in 7-10 days.</p>

I have read and understand the discharge instructions and reviewed them with the nurse.

Patient/Guardian Signature

Nurse's Signature

Date