

Stapedectomy

During this surgery one of the tiny bones in your ear called the stapes will be replaced. It is replaced with a prosthesis for the treatment of otosclerosis, to restore and improve hearing. It is not uncommon to feel dizzy or nauseated (sick to your stomach) for a few days after surgery.

For a healthy recovery after surgery, please follow these instructions.

Pain

- You may have mild pain or discomfort in your ears after surgery. This may last 2 to 3 days, but should improve over time.
 - Please take your pain medication as prescribed by your surgeon. Take acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) if needed.
 - Many medications, vitamins and supplements can cause bleeding. Do not take aspirin, or any other pain medications, supplements or vitamins unless prescribed by your surgeon.
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Activity

- You need to rest for the rest of the day.
- You must not drive or operate heavy machinery for 24 hours after your surgery. Driving is permitted when you no longer experience dizziness, or fatigue and are no longer taking pain medications.
- Do not bend over from the waist for one week after surgery.
- No heavy lifting (20 lbs or 9 kgs), straining, sports, or strenuous physical activities for 4 weeks after your surgery.
- No airline travel for 3 months. Please discuss this with your surgeon.
- You may go back to work 3 to 4 weeks after your surgery. Your surgeon will inform you when you may return to work.

Eating

- Eat your normal diet and drink plenty of fluids.
- Taste disturbance is common for a few weeks on one side of the tongue after surgery. In some patients, this can last a few months. This usually goes away but it can be permanent for some. A nerve for taste runs under the eardrum and must be moved out of the way during surgery which may result in taste disturbance.

Sleeping

- Keep your head up for a few days after surgery by sleeping with 2 pillows.

CPAP

- If you have obstructive sleep apnea and use CPAP, please speak with your surgeon about how to use it after surgery.
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Protect your ear

Until you see your surgeon at your follow-up visit:

- Your surgeon will give you instructions on how to remove your dressing at home the following day. Keep a clean cotton ball in the ear for a few days and change it as needed. Once the ear is dry, applying a cotton ball is no longer needed. When stitches are used, they will dissolve on their own. Applying a thin layer of antibiotic ointment daily for 1 week is helpful (Polysporin, Bacitracin).
- Do not get any water in your ear until your surgeon says it is okay. No swimming. You may wash your hair starting the day after surgery, but keep water out of the ear canal. Use petroleum jelly (Vaseline) coated cotton balls to plug the ear for bathing/showering until your surgeon tells you the ear is ready for water exposure.
- To prevent infection, avoid people with colds and the flu.
- Avoid rapid movements such as jerking movements with your head.
- If you sneeze or cough, do so with your mouth open.
- Do not blow your nose for 2 weeks after surgery. Sniffing is okay.

Follow-up

Your follow-up visit with the surgeon is in about 3 to 4 weeks, unless told otherwise. You will need to call for your appointment.

Who can I call if I have questions?

- If you have any questions, please contact your surgeon's office.
- For urgent questions after hours, please call the Otolaryngologist – Head & Neck (ENT) surgeon on call at 905-521-5030.

When do I need to get medical help?

- If you notice yellow drainage or fluid from your ear. Discharge with a foul odour should also be reported. It is normal to have some blood-stained drainage from your ear for a few days.
- If you have any sign of an infection such as increasing pain, odour from your ear or a fever of 38.5°C (101.3°F) or higher.
- You have an increase in bleeding from your ear.
- You have a headache, nausea, vomiting or dizziness which is getting worse or will not go away after 48 hours.