POST-OP STAPEDECTOMY INSTRUCTIONS

1. After surgery, you may sit or lie in any comfortable position.
2. Occasionally you will have a little bleeding from the ear; this is of no concern.
3. You will hear a variety of noises in your ear such as cracking or popping. This is part of the normal healing process.
4. Because of the packing, you will not be able to hear well from the operated ear. Sometimes the hearing is completely blocked and it will seem as if you are talking in a barrel.
5. You may have a taste disturbance lasting from several days to a few weeks. The nerve for taste is in the middle ear and sometimes surgery will disturb the nerve. This should disappear within a few weeks.
6. If you have any pain, medication will be ordered for you. While at home, if you have slight discomfort, take whatever you normally use for pain or headache.
7. You may leave the surgery center after the nurse has given you instructions.

AFTER DISCHARGE:

- For one week, do no physical activity, even though you may feel well. After one week, you may resume normal activities, but do not lift over 20 pounds. After 3 weeks, you may resume all activities, including sports and physical exercise.

- Do not smoke until seen in the office for your post-op appointment, although we encourage no smoking at any time.

- Do not drive while taking pain medicine.

- Do not bend over for 3 weeks after surgery. If you must bend, bend from the knees, not headfirst. This will prevent pressure build-up in the head.

- Do not blow your nose for two days after surgery. Thereafter, blow gently, one side at a time. Sneeze or cough with your mouth open during the first week following surgery.

- You may fly with permission 3 days following surgery. Whenever you fly, take Sudafed 60 mg, 1 tablet, 30 minutes before flying. The medication may be repeated in 4 hours if necessary. Before the airplane begins its descent, spray your nose with Neo-Synephrine nasal spray. When you begin to feel pressure in your ears, hold your nose and swallow with your mouth closed. Repeat as necessary. You may use the same treatment when traveling by car in a mountainous region. Do this whenever you fly in the future.