POSTOPERATIVE INSTRUCTIONS
STAPEDECTOMY, TYMPANOPLASTY, MIDDLE EAR EXPLORATION

- Do not exercise or move your head quickly for the first two weeks postoperatively.

- Do not blow your nose for three weeks. Any accumulation in the nose may be drawn back and expectorated through the mouth.

- Keep your nose and mouth open while sneezing.

- Flying is permissible after one week, but only on commercial airlines for the first month or until you are released.

- Do not blow on musical instruments for three weeks.

- Keep water out of the ear canal until your postoperative appointment. A cotton plug placed in the canal and covered with Vaseline will prevent water from entering the ear while washing the face or taking a shower.

- Do not use Q-tips to clean your ears.

- Do not be concerned with your hearing. It is normal for the hearing to regress a few hours after surgery. It will be very distorted and poor for some time. Do not be discouraged over this. Often the hearing will be poor initially but will continue to improve for many weeks after surgery.

- Call your physician if you develop a cold or have an elevation in temperature above normal. Please call if you should have excessive pain, dizziness or drainage. A small amount of bloody drainage on the cotton the first few days after surgery is not unusual.

- No swimming or diving for two months or until your physician advises.

- Keep your scheduled appointment as instructed by your physician.

STAPEDECTOMY: After Stapedectomy, post-operative dizziness or nausea may be experienced for several days. You have been given medication to use as directed for these symptoms. If symptoms persist, call the doctor’s office.