

ARIZONA

HEARING CENTER

Mark J. Syms, M.D.

2627 North 3rd Street
Suite 201
Phoenix, AZ 85004

(P) 602.307.9919 (F) 602.307.5905

Laser Stapedotomy

POST OPERATIVE INSTRUCTIONS

Please Read Before Surgery

This information is to help you care for your ear following surgery and to answer many of the commonly asked questions.

Day of Surgery

Please do not take any valuables to the hospital. This includes jewelry and handbags. Please do not apply makeup prior to surgery. Do not eat or drink after midnight before surgery, including water.

PRECAUTIONS

1. Do not blow your nose until one of the medical providers has indicated that your ear is healed. Any accumulation of secretions in the nose may be drawn back into the throat and expectorated if desired. This is particularly important if you develop a cold.
2. Do not "pop" your ears by holding your nose and blowing air through the eustachian tube. If it is necessary to sneeze, do so with your mouth open.
3. Do not allow water to enter the ear until advised by the doctor that the ear is healed. When showering or washing your hair, place a cotton ball with Vaseline in your ear canal. Place the Vaseline on the cotton and work it into the cotton until there is no dry cotton. Keeping water out of the

ear will help to encourage the healing process.

4. Do not take any unnecessary chance of catching cold. Avoid undue exposure or fatigue. Should you catch a cold, treat the cold in your usual way, contacting the office if you should develop ear symptoms.
5. You may anticipate a certain amount of pulsation, popping, clicking and other sounds in the ear. There may be a feeling of fullness in the ear. Occasional sharp shooting pains are not unusual. Additionally, it may feel as if there is liquid in the ear.
6. Do not plan to drive a car home from the hospital. No public transportation may be used. Please arrange to have someone available to drive you home. When changing altitude you should remain awake and chew gum to help with equalization of your ears.
7. Minor degrees of dizziness or light-headedness may be present with head

motion and is normal after ear surgery. If the feeling persists for seven days after surgery or increases, please contact the doctor.

8. You may resume light aerobic exercise one week after surgery. Please do not start any weight lifting or straining for at least 3 weeks after surgery.

9. Taste disturbance and mouth dryness is not uncommon for a few weeks following surgery. In some patients recovery may be prolonged.

Appointment Following Surgery

Post-operative visits are usually scheduled three weeks following surgery. On some occasions the time interval will be about ten days. An appointment time may have been scheduled prior to surgery. This will be indicated on your surgery scheduling form. If you do not already have a post-operative appointment, please call our office as soon as possible during regular hours to schedule your appointment.

Healing

Patients sometimes notice a hearing improvement at the time of surgery, but this improved hearing may quickly fade due to swelling of the ear tissues and packing in the canal. Three to four weeks after surgery, an improvement is usually apparent. Occasionally this may not be noticeable for a few months. Maximum improvement may require up to six months.

Dizziness

Minor degrees of dizziness may be present with head motion and is normal after ear surgery. After leaving the hospital, it is very important to stay in bed until the next morning. You may get up to use the bathroom. Some unsteadiness is common during the first few days but this should subside within a week. Brief dizziness with sudden head motion or with bending over may persist for a few weeks.

Dressing

There will be a band-aid on the outside of the ear and a cotton ball will be placed in the outer ear. Remove the band-aid and cotton ball the day after surgery. Change the cotton ball as often as necessary as long as the ear continues to drain. You no longer need to use a cotton ball once the cotton ball no longer becomes soiled when placed into the canal.

Discharge

A bloody or watery discharge may occur during the healing period. The discharge will often last up to a week after surgery. You may change the cotton ball as it becomes soiled; in general, the less done to the ear the better. A yellow or malodorous discharge is an indication of infection. Please contact our office.

Ear Drops

Four days before your three-week post-operative appointment, please begin placing a few drops of baby oil in the ear canal twice a day to soften the packing. Allow the oil to remain in the canal for five minutes or longer.

Pain

Mild, intermittent ear pain is not unusual during the first two weeks. Occasional shooting pain in the ear is not unusual. The first few days, please take ibuprofen as directed every four hours while awake. Please inform the doctor if you are allergic to any medications.

The Arizona Hearing Center wants all of your questions to be answered. We would rather you err on the side of caution rather than not calling. Please feel free to call at 602-307-9919.