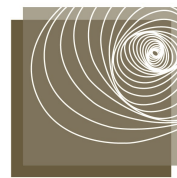


# STAPEDECTOMY

## POST OPERATIVE INSTRUCTIONS



Norwest ENT  
Group

### Leaving the Hospital

1. If you have not already been given a postoperative appointment, please ring and arrange a visit for approximately 4 weeks after surgery.

2. Any medication you are prescribed, should be taken as directed on the bottle.

3. There are no dietary restrictions, although after a general anaesthetic it may be best to start with clear liquids.

### The Dressing

Remove the ear dressing the day after surgery, It is not unusual to have bloody drainage on the gauze. The cotton in the ear canal is to be removed and changed daily or second daily as required. Once the discharge has subsided leave the cotton wool OUT and ensure that no water enters the ear canal. Air in your ear canal at this stage is good for healing.

### Pain Management

- Paracetamol (panadol) 500mg tablets 2 tablets four times a day.

- Oxycodone tablets when required and as prescribed.

### Nausea and Vomiting

While it is not uncommon to get some nausea and or vomiting after a nasal surgery it is not usually severe or long lasting. If you find you have persistent

nausea and vomiting then have the ondansetron prescription filled. These are small wafers that you dissolve under your tongue. If after 24 hours of taking the ondansetron you are unable to keep fluids down you should contact your anaesthetist or Dr Patel as you may then require intravenous fluids.

### Precautions

1. DO NOT blow your nose until such time that it has been indicated that your ear is healed. Any accumulated 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 into the ear. If it is necessary to sneeze, do so with your mouth open.

3. DO NOT allow any water to enter the ear until advised by your doctor that the ear is healed. Until such time, when showering or washing the ear, cotton covered in vaseline may be placed in the outer ear opening.

4. DO NOT take any unnecessary chance of catching a cold. Avoid undue exposure or fatigue. Should you catch a cold, treat it in your usual way, reporting to us if you should develop ear symptoms.

5. You may anticipate a certain amount of pulsation, popping,

clicking and other sounds in the ear, and also a feeling of fullness and itchiness in the ear. Occasional sharp shooting pains are not unusual. At times, it may feel as if there is liquid in the ear.

6. DO NOT plan to drive a car home from the hospital. Air travel is permissible two days following surgery. When changing altitude, you should remain awake and chew gum to stimulate swallowing.

7. DO NOT perform any heavy lifting (more than 30 pounds) or vigorous physical activity for three weeks after surgery.

8. Some minor dizziness is expected after the surgery. Please contact us if there is dizziness lasting more than 24 hours after surgery.

### Contact Numbers:

Dr Nirmal Patel  
W 02 8883 0744  
M 0431 444 636