



**DISCHARGE INSTRUCTIONS**  
**Stapedectomy, Stapedotomy,**  
**Tympanomastoidectomy,**  
**Tympanotomy, Tympanoplasty,**  
**Ossiculoplasty, Laser Stapedectomy**

Diet	Gradually resume your regular diet as tolerated.
Activity	Do not lie on the operative ear for the first 24 hours after surgery. Dizziness should be expected. Move slowly, especially when changing positions from lying to sitting and standing
Medications	Take pain medication as prescribed, or take 1-2 Acetaminophen tablets (i.e. Tylenol) every 4-6 hours as needed. You may receive a prescription for ear drops to be used as directed by your surgeon.
Hygiene	Do not get water in your ear. Your surgeon will let you know when you can wash your hair. When hair washing, use a vaseline coated cotton ball in the outer ear canal.
Dressing	You will have a cotton ball in your outer ear canal to collect drainage. Change the cotton ball if it becomes saturated, being <u>very careful</u> not to disturb packing in the ear. If you have an incision behind your ear, be careful when combing your hair
Special Instructions	<p>If you must sneeze or cough, open your mouth to let the force out. Nose blowing should be avoided. It is normal to have temporarily decreased hearing after surgery, but your hearing should improve gradually over a 6-week period.</p> <p>Flying is not recommended for 4 weeks after surgery. Consult your surgeon before flying.</p>
Social	Your surgeon will advise you when you may return to work/school and and your regular activities.
Follow-up	<p>Make a follow-up appointment one week after surgery.</p> <p>Exception: Stapedectomy patients will follow up with Dr. Halik the day after surgery for removal of packing and then one week later.</p> <p>For patients who live far away from the hospital, a list of nearby hotel accomodations is available for you.</p>

**CALL YOUR SURGEON DURING OFFICE HOURS OR GO TO THE NEAREST EMERGENCY DEPT. IF:**

1. You have a temperature over 38.5C or 101.3F.
2. You have excessive bleeding or drainage from your ear.  
(a small amount of drainage is normal)
3. You have pain not relieved by prescribed pain medication.
4. You have increased nausea and vomiting.