

**INSTRUCTIONS TO PATIENTS FOLLOWING SURGERY**  
**Such as Stapedectomy, Revision Stapedectomy & Type I Tympanoplasty**  
**Ossiculoplasty or Exploratory Tympanotomy**

**Precautions to be observed following surgery:**

**A. NO WATER IN OPERATED EAR:**

1. Do not wash hair until after the packing is removed in approximately one week following surgery. A dry shampoo is permitted.
2. To avoid water in the ear **after the packing has been removed**, place cotton in the outer portion of the ear and petroleum jelly on the outer portion of the cotton to make a waterproof plug. This should be done for two weeks following packing removal.

**B. DO NOT BLOW YOUR NOSE:**

1. This precaution should be observed for two weeks following surgery.
2. "Sniffing" is permitted.
3. Sneeze with mouth open.

**C. RESTRICT ACTIVITY**

1. No heavy lifting, bending, or strenuous activity until after the packing is removed.
2. You may engage in light activity.
3. You may drive your car if you experience no dizziness.
4. The length of time during which you may not travel by air will be determined by your surgeon. This is usually less than two weeks.

**D. MEDICATIONS**

1. After discharge from the hospital, you may take Tylenol® or Advil® to relieve discomfort.

**Sensations following surgery:**

- A. **Hearing:** At the time of surgery, a packing will be placed in your outer ear canal and this will remain in place for approximately one week following surgery. During this period of time, you will notice diminished hearing in the operated ear. After the packing is removed, your hearing may seem "hollow" or acutely loud. This or these sensations are temporary. It will take some time for your hearing to reach its maximum level of improvement; therefore, a postoperative hearing test will not be done until six weeks following surgery.
- B. **Taste:** The nerve that supplies taste to the tongue is located in the middle ear. This nerve may be disturbed during surgery and you may notice a temporary change in your sense of taste following surgery.
- C. **Dizziness:** Following surgery, you may experience some dizziness. This is temporary and should subside in a few days.

**Following surgery, notify your physician immediately if you experience any of the following:**

- A. A new spinning sensation that lasts more than a few seconds.
- B. Nausea and/or vomiting.
- C. Diminution, fluctuation, or distortion in hearing after packing removal.
- D. Ear pain and/or drainage following packing removal.
  - a. Mild "shooting" pains during the first 4 to 6 weeks following surgery are not unusual.
  - b. Constant pain is not normal.