Discharge Instructions – Stapedectomy

Please Read and Follow These Instructions for the Best Outcomes Following Your Surgery!

FOLLOWING SURGERY:
• **Change cotton ball as cotton saturates with blood.** Ear will drain blood tinged fluid which will look like blood. This is normal. If bleeding is excessive can call office. Usually resolves within 3-5 days.
• **Hearing will fluctuate as ointment in ear dissolves for 1st 2 weeks.** Usually note improvement in hearing at 1-2 weeks.
• **Mild vertigo with head turns/movement is normal** after this surgery. Severe unrelenting vertigo that is present even when not moving is **NOT** normal and may indicate a serious problem, **MUST CALL OFFICE**
• **May shower in 48 hours.** Cotton wiped in Vaseline with Vaseline side to ear canal for showers/baths.
• **No swimming** until after 1st postoperative visit and told that drum is healed.
• **DO NOT REMOVE any of packing/ointment in ear canal.** This will dissolve or be removed by your surgeon at the return visit.

ACTIVITY:
• Minimize your activities
  • Listen to your body! If you feel tired over the first few days, you should rest.
• No heavy lifting > 2 bags of groceries for the first 2 weeks.

MEDICATIONS:
• Resume your home medications.
• Do not take any aspirin containing products or blood thinners (Goody's, BC Powder or Bayer aspirin) until told to by your surgeon.
• Pain:
  • Take pain medication as needed.
  • **NEVER DRIVE A VEHICLE OR OPERATE HEAVY MACHINERY WHEN TAKING PRESCRIPTION PAIN MEDICINE**

DRIVING:
• Do not drive within 24 hours of receiving anesthesia or taking pain medication.
• **DO NOT DRIVE WHILE TAKING PRESCRIPTION PAIN MEDICATION.**

DIET:
• Resume a healthy, balanced, normal diet as you feel up to it.
FOLLOW UP:
• You will have important follow-up appointments.
  • Appointments will begin 1 week following surgery
• Follow up appointments will be made prior to surgery with the post-op appointment scheduler.

POST-OP APPOINTMENTS:
• Dr. Kevin Brown call Ali at 984.974.3645
• Dr. Harold Pillsbury call Phyllis at 984.974.3644

CLINICAL APPOINTMENTS:
• Dr. Kevin Brown call Shanta at 984.974.3655
• Dr. Harold Pillsbury call Sonia at 919.966.3709

CALL OUR OFFICE OR GO TO THE EMERGENCY ROOM IMMEDIATELY IF YOU HAVE:
• Any vision problems/changes
• Fever over 101.4
• Neck Stiffness
• Heavy or prolonged bright red bleeding from the incisions

• For Immediate Assistance call:
  • Regular Hours - 984.974.3409 (Triage Nurse)
  • After Hours - 984.974.1000 (Ask for the Ear, Nose & Throat - ENT - doctor on call)

• To leave a voicemail for your surgeon’s nurse call:
  • Dr. Kevin Brown - 984.974.3519 (BJ)
  • Dr. Harold Pillsbury - 984.974.3518 (Kathy)