



# UNC

DEPARTMENT OF OTOLARYNGOLOGY/  
HEAD AND NECK SURGERY

DIVISION OF NEURO-OTOLOGY &  
SKULL BASE SURGERY

## 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)