

After Stapes Surgery

- NO nose blowing for 10 days or until follow-up appointment
- NO bending or any lifting for 7 days
- NO heavy lifting, straining, flying, or strenuous physical activities (including sexual activity) x 3-4 weeks
- If you are having any constipation, use a stool softener daily for 3-4 weeks (over-the-counter Colace or Miralax)
- Sleep with head on 2-3 pillows for 7 days, and try to keep operated ear pointed toward ceiling as much as possible
- Change cotton ball daily as needed for drainage, which may be bloody. Cover with band-aid when going outdoors.
- Do not disturb any packing in the ear; it might come out on its own, which is OK.
- If your surgeon used a graft, please refer to your own specific instructions for wound care.
- May shower/bathe but must keep ear dry (cover with plastic wrap or wash cloth while washing hair). Try to avoid ear plug for the first 1-2 weeks.
- Expect dizziness and ringing in the ear for 2-4 weeks
- Follow up appointment as booked by the office