

## **The Ear, Nose and Throat Surgical Associates**

### **Post-Operative Instructions For Stapedotomy/Stapedectomy Patients**

1. Most patients will have dissolving stitches in the small incision behind the ear.
2. You may wash your hair the day after surgery.
3. No water in the ear canal until cleared by your surgeon, typically at 8 weeks after surgery.
4. Change the cottonball in your ear canal for discharge which is usually bloody, as needed.
5. Maintain dry ear precautions.
6. No strenuous activity or heavy lifting for 4-5 weeks.
7. No flying for 4-6 weeks. Always ask your surgeon.
8. Some dizziness and/or imbalance is not unusual for a few days. Please report any severe dizziness.
9. Follow-up in our office in 10-14 days.  
Ear canal packing, if placed, will be removed at this visit.
10. Call the office with any questions or concerns.