

DIET:

1. A light diet, such as gelatin, liquids, popsicles, pudding and soups are best the day of surgery. Avoid spicy, hot or gaseous foods.
2. If patient experiences nausea or vomiting, avoid giving solid foods. Try tea, Gatorade, 7-Up, etc. until nausea passes.

MEDICATIONS:

Continue routine medications.

Patient given Rx: _____

You may **alternate** Ibuprofen with your prescribed pain medication, unless directed differently. **DO NOT TAKE ASPIRIN.** If you are **NO LONGER** taking prescribed pain medication, you may alternate Tylenol with Ibuprofen for pain control.

If taking prescribed pain medication, you should not drink alcoholic beverages or drive a car.

GENERAL ANESTHETIC:

After a general anesthetic, the patient may experience some weakness, dizziness, sleepiness. A responsible adult must stay with the patient for 24 hours because of the effects of the anesthesia. Adults should not drive a car, operate dangerous machinery or make important or legal decisions for up to 24 hours. You may feel weak for 2-3 days. You may have a sore throat for a while.

ACTIVITY:

1. **Do Not** blow your nose until you doctor tells you that your ear is healed and that you can.
2. **Do Not** "pop" your ears. If it is necessary to sneeze, do so with your mouth open.
3. **Do Not** have dental work requiring drilling of the teeth until 3 weeks post-op.
4. **Do Not** lift any heavy objects.
5. **Do Not** strain when going to the bathroom.
6. **Do Not** get water in the ear until it is well healed and your doctor says that it is okay. When showering or shampooing, cotton covered with a thin layer of Vaseline may be placed in the outer ear. You may wash your hair one day after surgery as long as you keep water out of ear.
7. Avoid unnecessary chance of catching a cold.

SPECIAL INSTRUCTIONS:

1. You may notice a brief improvement in hearing immediately following surgery. This quickly fades due to normal swelling. After 3-4 weeks a hearing improvement is usually noticed.
2. If drainage from the ear occurs, place cotton in the outer ear.
3. You may experience dizziness with some nausea or vomiting immediately after your surgery.
4. Some unsteadiness is common during the first few days; this should go away within a week.
5. For a few weeks you may have brief dizziness with sudden head movement or when bending.
6. You may have some pulsations, popping, clicking and other sounds in the ear.
7. Your ear may also have a feeling of fullness.
8. Occasionally you may feel sharp shooting pains as well as a sensation of liquid in the ear.
9. Small amounts of blood tinged drainage are normal.

FOLLOW-UP:

Office appointment _____

Keep appointment as made during patient's pre-op visit.

Other: _____

MISCELLANEOUS:

Contact physician if patient experiences:

1. Excessive bleeding through the dressing.
2. Persistent pain not relieved by medication.
3. Drainage with an odor should be reported to the office.
4. Persistent temperature greater than 101° F and lasts for eight or more hours.

Drs. Jetmore, Bawa, & Hiron

Telephone (765) 966-1600

Toll Free (800) 891-1633

For serious problems, report to your nearest Emergency Department.

Instructions explained by: _____ Date: _____

I understand the above: _____ Relationship: _____

PATIENT INSTRUCTIONS

STAPEDECTOMY

DRS. JETMORE, BAWA, & HIRONS

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