

## POST-SURGICAL RECOMMENDATIONS FOR STAPEDECTOMY

**Process:** Care and Treatment | **Code:** CT-FO-143 | **Version:** 03 | **Approval Date:** May 19, 2016

### GENERAL CARE

- Maintain relative rest; you may walk inside the house, watch television, or read. Do NOT exercise and do NOT take long walks until authorized by your doctor.
- The patient must always be accompanied at home and outdoors to prevent falls. Remember that the ear is the center of balance.
- Do not wash your head/hair until authorized by your doctor.
- Do not blow your nose during the first few days. If you need to sneeze, do so with your mouth open to avoid undue force or pressure on the ear.
- Remember that the cotton, gauze, and Micropore tape left in the patient's ear must NOT be removed until the doctor does so.
- Avoid letting water enter the ear until ONE MONTH after the last follow-up check by the treating otolaryngologist.
- Sleep on the opposite side of the operated ear.
- Avoid sun exposure, night air (sereno), physical exertion, and alcohol consumption.
- If you smoke, you must avoid cigarettes because smoking delays the healing process.
- Do not leave the city without your doctor's authorization, as changes in altitude, pressure, and movement can jeopardize the surgery and cause damage that is difficult to treat.
- Try to use earplugs when using swimming pools.

### WOUND CARE

- Avoid wetting the dressing (gauze-Micropore) placed over the ear.
- If you notice redness (rubor), heat, swelling, or pain around the wound, in the ear canal, or on the outer ear, consult your treating otolaryngologist immediately.
- If you observe a discharge of abundant fluid, blood, or purulent material (pus), consult your treating otolaryngologist.
- After the stitches are removed from the surgical wound, it must be washed with plenty of soap and water. Before washing, ensure you practice proper hand hygiene to prevent surgical wound infections. If the ear canal still has cotton or packing tape (hiladilla), wash only the wound.
- Maintain good personal hygiene.
- Use good cleaning techniques in the room where you will be staying during recovery.
- No wound or incision is made behind the ear.
- An incision is not always made on the outer ear.

## DIETARY CARE

- During the first day, avoid drinking milk and consuming products containing it; do not drink carbonated beverages (sodas) either. These items can cause vomiting and significant discomfort.
- Likewise, it is recommended to consume soft foods and certain liquids during the first day, such as non-acidic juices, popsicles, and gelatin; prefer fruits like papaya, mango, pineapple, guava, etc. After the second day, your diet can return to normal.

## MEDICATIONS AND CARE

- Take only the medications prescribed by your treating doctor.
- Avoid Aspirin®, Naproxen®, Advil®, Ibuprofen®, and herbal/natural remedies.
- Consult your treating doctor regarding any medications you were taking before the surgery and their post-surgical administration.
- In case of pain, DO NOT self-medicate; consult your doctor.
- If you experience a severe and continuous headache, consult immediately.
- Do not stop taking any medication without prior authorization from the surgeon.

## DO NOT BE ALARMED

- Dizziness during the first 8 days following surgery.
- Vomiting during the first 8 days following surgery.
- Mild pain and swelling in the ear where the surgical intervention was performed.
- A sensation of a clogged or blocked ear.
- Serosanguinous discharge (watery blood) from the surgical wound.
- Absence or loss of taste.
- Absence of definitive hearing during the first few days.

## WARNING SIGNS

**If you experience any of the following warning signs, you must contact your doctor immediately:**

- Vomiting and dizziness persist after 10 days.
- Temperature above 38°C (100.4°F).
- Heavy or abundant bleeding from the ear.
- Discharge of pus or a foul odor from the operated ear.
- The patient experiences neck stiffness or a severe headache.

**YOUR SAFETY IS VERY IMPORTANT TO US** If you have not yet contacted your doctor, you can call the clinic at **2658584 ext. 170-177**. Please note that phone hours are Monday through Friday from 6:00 AM to 9:00 PM. Alternatively, you can write to **[seguridad.paciente@clinicaorlant.com](mailto:seguridad.paciente@clinicaorlant.com)** to receive further instructions.

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to your *senses*