



Vincent B. Ostrowski, M.D.
Brent J. Benscoter, M.D.
7440 N. Shadeland Avenue, Suite 150
Indianapolis, Indiana 46250

Phone:
(317) 842-4901
Toll Free:
(800) 818-3277
Fax:
(317) 842-4393

POSTOPERATIVE INSTRUCTIONS

Stapedectomy Tympanoplasty (through ear canal)

1. Dressing change: Buy a new box of cotton balls from the drugstore. The morning following surgery, remove the old cotton from the ear. Wash your hands well. Lightly place the new cotton in the ear. Change this cotton 2-3 times each day, as there is often some bloody drainage for 3-4 days. Once the drainage has stopped, you may leave the cotton out.
2. Start the prescription antibiotic the day you go home. Be sure to finish all the entire amount of this medication prescribed. Notify our office if you have any swelling, hives, itching, or other signs of allergies to the medication.
3. Unless you are instructed otherwise, you may wash your hair after 3-4 days. However, for the first 3 weeks to keep water out protect the ear with cotton mashed with petroleum jelly (e.g., Vaseline).
4. Do not blow your nose or "pop" your ears for four (4) weeks. Sneeze with your mouth open. Do not lift anything that requires straining for four (4) weeks. Walking or light exercise is okay once you feel able.
5. Notify our office of any signs of a cold.
6. It is common to experience occasional *popping*, *crackling*, and *brief pain* in your ear after surgery. You may hear some strange sounds and noises at first. Hearing may take several weeks to improve.
7. Discomfort may be relieved by taking acetaminophen (Tylenol). Do not use products containing aspirin (for example, Excedrin) or ibuprofen (such as Motrin). If your pain is not relieved by acetaminophen, you may use the prescription pain medication.
8. To reduce swelling, sleep with your head elevated on two pillows.
9. You will typically need to be off work for 2-5 days, depending on your operation. The doctor will tell you at discharge how long you should stay off work.
10. *If* you find 2-3 stitches in your ear lobe or behind the ear, this is because a small piece of fat or tissue was removed for a graft. Leave the stitches in place; they will dissolve or be removed at your first office visit.
11. You will be given an appointment for a check-up in the office for 7-10 days after surgery. If this time or day is not convenient for you, please let us know as soon as possible by calling (317) 842-4901. If you have any questions before then, please don't hesitate to call our office.
12. Unless otherwise directed, do not travel by airplane for three (3) weeks after surgery
13. In an emergency you may reach the doctor after hours by calling the office phone number, (317) 842-4901. The answering service will contact the doctor for you.