

## **Discharge Advice**

### **Stapedectomy Surgery**

#### **Stapedectomy Surgery:**

Stapedectomy surgery is performed with the aim of improving your hearing. The surgery is performed via the ear canal and involves the removal of the stiffened stapes bone with the insertion of a prosthesis.

#### **The wound:**

There will be a small wound on the back of your ear lobe which would have been closed with a dissolvable stitch (a stitch that does not need to be removed). This cut would have been made in order to obtain a small amount of fat which is used to place around the prosthesis.

Rarely there may be a further wound at the top of the entrance to the ear canal which again would be closed with a dissolvable stitch (a cut is only made if your ear canal is particularly narrow).

It is important that you keep both the wounds and the ear canal dry until you are reviewed in clinic post-surgery. At this stage your surgeon will give you further advice according to how you have healed up.

#### **The ear canal pack:**

A pack is usually placed in the ear canal post surgery in order to hold the graft in place and to reduce the risk of infection. The pack used is a slowly dissolving pack. Any of this pack remaining in the ear will be removed in clinic usually at around 1 week post-surgery.

Purulent ear discharge or swelling post-surgery may indicate the presence of infection. In this case contact the ENT treatment room or ward D5E (out of hours).

#### **Recovery time:**

Pain and discomfort tends to be mild and usually improves within a few days. You will be given advice on pain relief and antibiotics prior to discharge by your nurse. Most patients require 2-3 weeks off work in order to recover. Heavy lifting/straining/strenuous exercise during this time is not recommended.

**Dizziness:**

Most people feel dizzy for the first 2 days post-surgery. This should settle by the time of your first post-operative clinic visit. You should discuss this with your surgeon, should there still be a problem.

**Flying:**

You should not fly for 3 months following the surgery.

**Scuba Diving:**

Scuba diving carries a risk of displacement of the prosthesis along with severe dizziness. You should therefore never undertake this sport after a stapedectomy.

**Driving:**

Do not drive for the first 3 days post-surgery. At this point only drive if you do not feel dizzy.

**Taste:**

The taste nerve runs across the ear drum and may be stretched/moved in order for the surgery to be performed. This may cause a change in your taste sensation which will usually settle within a few months.

**Follow up:**

You should be seen in the outpatient clinic at around 1 week post-surgery. At this point any remaining pack will be removed from the ear canal and the ear drum will be checked. Should you not receive this appointment, please call the outpatient booking office on 01495 765055.

**EMERGENCY DISCHARGE INFORMATION**

**09:00 to 17:00 Monday to Friday (excluding bank holidays):** Contact the ENT Treatment room on 01633 234018

**After 17:00/overnight (adults):** Ward C0 01633 493926.

**In the event of an emergency, attend your closest Accident & Emergency department**

**“Mae’r ddogfen hon ar gael yn Saesneg / This document is available in English”**