



EAR, NOSE & THROAT CONSULTANTS OF NEVADA

W.W. Schroeder, M.D., F.A.C.S., F.A.A.P. Ashley Sikand, M.D., F.A.C.S. Frederick Goll, III, M.D.
Jonathan Salinas, M.D. LaKeisha Henry, M.D., F.A.C.S Allen Young M.D. Megan Jensen M.D.
Nicole Molin M.D. Daniel Kim, D.O. Kathrina Paner PA-C Alisha Alexander APRN
Theresa Walker APRN-C Anna-Joy Lingwood NP Shiyuan "Annie" Zhu SLP C.Gary Daniels Au.D

PHONE: (702) 792-6700 FAX: (702) 792-7198 www.entc.com

Post-Operative Instructions: Stapes Surgery

GENERAL CARE:

1. **DO NOT BLOW YOUR NOSE** for two weeks following surgery. Any accumulated nasal secretions should be sniffed back and expectorated through the mouth. If you sneeze, do so with your mouth open. **DO NOT** stifle a sneeze.
2. Remove the ear bandage on the first postoperative day. You can expect some bloody drainage during the healing period. Use a small piece of cotton to absorb such drainage. When there is no further discharge, leave the cotton out and the ear open to air in order to encourage the healing process.
3. Start the antibiotic medication the evening of your surgery and complete the prescription. Some discomfort in the area of the operation is to be expected. Take Tylenol in your usual dosage for minor discomfort. If this medication is not adequate, then fill the prescription for pain relief medication and take as directed.

REMEMBER: No Advil, Motrin, Ibuprofen or any Aspirin products for two weeks post-operatively

4. Any pus or foul-smelling discharge should be reported to the office immediately.
5. You may note gurgling or popping noises in your ear during the healing period. These noises are normal and do not indicate a problem.
6. You may note a full sensation in the ear, however, **DO NOT** hold your nose and try to blow air through the Eustachian tube into the ear. Try yawning or swallowing to relieve this sensation.
7. In order to minimize unsteadiness, avoid rapid head motion and sudden positional changes.
8. Call the office if you develop a cold or if discharge from the ear persists longer than one week.
9. Do not be concerned regarding your hearing for 6-8 weeks postoperatively. Post-Operative Instructions: Stapes Surgery
10. Automobile driving may be resumed after leaving the hospital if dizziness is NOT present. Remember that quick head motion may cause transient unsteadiness for awhile. A reasonable amount of caution should be used until you have fully recovered from all effects of the operation.

Northwest Office

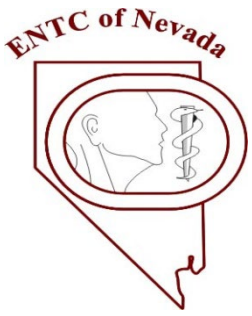
7040 Smoke Ranch Road
Las Vegas, NV 89128

Green Valley Office

3195 St Rose Parkway
Suite 210
Henderson, NV 89052
(Mailing address)

Southwest Office

8840 W Sunset Road
Suite A
Las Vegas, NV 89148



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HAIR CARE:

1. Water should be kept out of the ear until it is healed. You may give yourself a wet shampoo two days after surgery provided that the water is NOT allowed to enter the ear canal.
2. Saturate a small cotton plug, about the size of your thumbnail, with Vaseline. Place the plug into the outer opening of the external ear canal. Smear Vaseline over the shell-like part of the ear, thus forming a water seal.

ACTIVITIES:

1. You may resume your normal routine: however, avoid any strenuous activities that cause panting or jarring for at least 2 weeks. Avoid sexual intercourse for two weeks.
2. Avoid undue exposure or fatigue.
3. You may resume your usual dietary habits upon leaving the hospital.
4. Alcohol may be used in moderation.

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