



Patient instructions following Otosclerosis surgery

1. Remove the cotton ball that is in your ear, and replace it with a new one coated with Bacitracin or Neosporin ointment as needed when it is soiled (probably 2-3 times daily).
2. You will have some stitches in the lobule (the floppy part of the ear) these will dissolve on their own.
3. Sleep with your head elevated about 30 degrees. Sleep either on your back or with the operated ear up.
4. You may start showering and washing your hair after 2 days, but please do not submerge your head under water.
 - a. Alternatively you can use a dry, powder wash.
5. Avoid lifting anything heavier than 10-20lbs or any activity that transmits vibrations to the ear (jumping, running, etc.) until you are cleared.

Some things you can experience after surgery:

1. Jaw discomfort, ear pressure, occasional jabbing pains in the ear, popping, pulsation, clicking and other sounds in the ear (Your tinnitus might even get worse). At times it may feel as if there is liquid in the ear.
2. A change in taste, and mild headaches are also normal.
3. If you had some dizziness when you left the hospital, this should slowly improve over time. Minor amounts of dizziness with head motion may be present after the operation. If you have worsening dizziness or pain please call the office to speak with me.
4. Hearing will usually be worse immediately after surgery, even if the surgery was intended to improve hearing. This is due to swelling of the ear tissues and packing in the ear. It can take up to 6-8 weeks after surgery to notice an improvement. Maximal improvement may require 4-6 months.

If you experience foul smelling or yellow-green discharge please call the office for instructions.