

The Balance and Ear Center  
Postoperative Instructions For Patients Undergoing  
**CHRONIC EAR, MIDDLE EAR OR STAPES SURGERY**

1. Do not blow your nose for three weeks following surgery. If you sneeze or cough do so with your mouth open.
2. Avoid any heavy lifting (over 10 lbs.), straining or bending for three weeks following surgery.
3. Keep your head elevated as much as possible. Sleep and rest on two to three pillows if possible.
4. Do not get water in your ear. If showering or washing your hair, place a piece of cotton coated in Vaseline in the ear canal to seal it. If there is a separate incision keep this dry until your first postoperative visit.
5. If you wear glasses either remove the arm on the operated side or make certain that it does not rest on the incision behind your ear for one week.
6. Beginning one day after surgery try to leave the cotton out of your ear as much as possible unless there is significant drainage.
7. Some drainage from your ear canal may occur after surgery. If there is a separate incision some drainage may occur from this area also. If the drainage is profuse or develops a foul odor, please call.
8. Popping sounds, a plugged sensation, ringing or fluctuating hearing may be noticed in the ear during the healing.
9. Avoid travel by air for three weeks following surgery.
10. If you should notice any swelling, redness or excessive pain, please call.
11. Some dizziness may occur after surgery. If it becomes severe or is associated with nausea or vomiting, please call.
12. Please call The Balance & Ear Center, Inc. to make an appointment to be seen 7-10 days after the time of your surgery unless stated otherwise by your physician.

*Should any questions or problems arise, please call our office.*

The Balance and Ear Center  
Wayne T. Shaia, M.D.  
Fred T. Shaia, M.D.  
8905-B Three Chopt Road  
Richmond, VA 23229  
(804) 288-3277

\_\_\_\_\_  
Patient/Representative Signature

\_\_\_\_\_  
MD/Nurse Signature

\_\_\_\_\_  
Date