

## Risks of the Operation

While all operations have risks of side effects, the incidence of side effects following stapedotomy is low.

### Infection

Rarely, infection may develop in the wound. If so you may notice increased pain with/without discharge. This will settle with antibiotics. Unfortunately infections after stapedotomy often damage the hearing and balance and could leave a hole in the eardrum, which may need to be repaired with a further operation.

### Hearing Loss

Rarely (less than 1%) patients may experience a permanent worsening of their hearing after the operation.

**This Information Leaflet is only a guide to stapes surgery and does not replace a full and detailed discussion with your surgeon regarding your condition, the benefits and risks of the operation, and other alternative treatments available.**

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## Our Services

Adventis ENT Services is dedicated to providing excellence in standards of care to children and adults for all conditions of Ear, Nose & Sinus, Throat & Voice, Head & Neck, Hearing & Speech disorders

The team of Adventis ENT Services is led by Dr Ameet Kishore FRCS(UK), an ENT, Cochlear Implant & Neuro-otologic Surgeon with over 25 years of experience. He has brought together International Experience and Advanced Technology to offer the highest level of patient care and excellence in medical treatment

- Endoscopic & microscopic examination of ear, nose and throat
- Microscopic surgery for ear, hearing restoration & neuro-otology
- Cochlear Implant and Implantable Hearing device programme
- Endoscopic surgery of nose, sinus & skull base
- Paediatric ear, nose, throat and airway surgery
- Head-neck, salivary & thyroid gland surgery
- Snoring, sleep apnoea, robotics, lasers and radiofrequency
- Comprehensive hearing testing facility for children and adults\*
- Provision for fitting of hearing aids and for Hearing - Speech therapy\*

We want you to feel confident that you are working with doctors and professionals who are qualified, experienced and caring to provide you personalised and professional care to improve your quality of life.

## ENT & Cochlear Implant Clinics

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# Stapedotomy

## What is a Stapedotomy ?

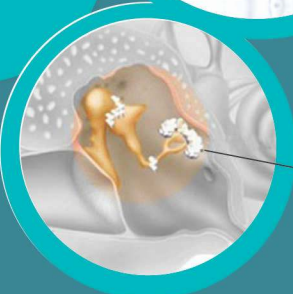
A stapedotomy (or stapedectomy) is an operation to help improve hearing in those patients who suffer from a condition called otosclerosis. The hearing loss in otosclerosis is a result of the stapes bone (the third of three hearing bones in your ear) becoming fixed. In this operation a part of the stapes is removed and replaced with an artificial piston.

## Before the Operation

You will have had a consultation with your Ear, Nose and Throat surgeon and discussed the problem you have with your hearing. Your ears would have been examined and you would have had a hearing test.

Your surgeon will have discussed the findings and the possibility that your hearing loss is due to otosclerosis. The only way of knowing for sure is by looking into the middle ear after lifting up the eardrum at the time of the operation. He will have discussed the various options available to you and this includes use of a hearing aid.

If you have decided to have the operation he will have discussed the likely outcomes following this. After the stapedotomy, the hearing is usually improved. Occasionally the hearing is not significantly better and only exceptionally is it worse.



Otosclerosis  
(bone growth)

## The Operation

This operation could be performed under local or general anaesthetic and this would have been discussed with you. You are usually admitted on the day of the operation and can expect to be discharged within 24 to 36 hours. The operation involves making a cut just in the canal of the ear to allow the surgeon to lift the eardrum along with the skin of the ear canal. Once the finding of otosclerosis is confirmed, the operation is performed. At the end of the operation the wound is closed with stitches and a pack (dressing) is inserted into the ear canal. These are usually removed within one to two weeks after the operation.

## After the Operation

Your ear may be painful, tender and numb for the first few weeks. Painkillers may be taken as prescribed.

It is common for your ear to feel quite blocked due to the presence of a pack as well as blood and dissolvable sponge in your ear. The pack and stitches will be removed one to two weeks after the operation.

You will be asked to use eardrops for a period after the operation. Initially you are advised to instil the drops over the pack. Once the pack is removed, you would continue to use the drops till instructed.

You will also hear crackling and noises in your ear. Sometimes the ear will itch and you are advised not to scratch.

The dissolvable sponge and blood in your ear takes longer to disappear and it may be up to 3 months before you notice a hearing improvement.

Occasionally there may be slight bloodstained discharge from the ear / wound for the first few days. You may use a ball of cotton wool in your ear to soak this.

You may experience slight dizziness or noises for some time after the operation. Occasionally some may notice a change in taste sensation, as the taste nerve runs under the ear drum and can be stretched during the operation.

You could use cotton wool and Vaseline to protect your ear and wound while you wash your hair in the first few weeks after the operation.

Avoid blowing your nose or sniffing for 4 weeks after surgery. If sneezing occurs do so with the mouth open to avoid the build up of pressure in the ear. Exercising, heavy lifting (that requires any degree of straining), and air travel should be avoided for 4 weeks after surgery.

## Avoid the Following During the 2 Weeks After Your Surgery

- Do not engage in any strenuous activity, heavy lifting, or bending over.
- Do not blow your nose vigorously for 2 weeks. You may lightly blow your nose during the 3rd postoperative week. Occasionally you may be given instructions not to blow your nose for longer periods of time.
- Do not resist the urge to sneeze or cough. Instead, sneeze or cough with your mouth open.
- Do not take any supplements or herbal remedies that may increase your risk of bleeding (Vitamin E, Garlic, Ginkgo, Ginger, etc.)
- Limit alcoholic beverages. Alcohol is dehydrating, increases your risk of bleeding, and should not be mixed with your pain medication.
- Avoid cigarette smoking. If you smoke, please do your best to quit or at least significantly limit your cigarette usage. Tobacco smoke is known to adversely affect post-operative healing and increase the risk of anaesthesia.

