

OSSICULOPLASTY SURGERY

A Patients Guide

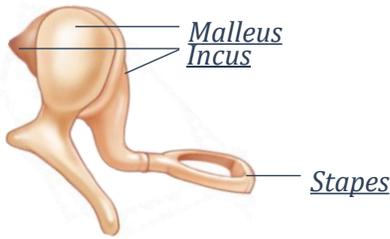


What Are Ossicles?

Ossicles are three small bones (Malleus, Incus and Stapes) found in the middle ear. When these structures are damaged, they can impair your hearing and can eventually lead to conductive hearing loss.

What is an Ossiculoplasty Surgery?

This operation is performed to repair or replace your Ossicles. Ossicles assist with the transfer of sound. This surgery can be done on its own or at the same time as a Tympanoplasty. If performed during a Tympanoplasty, the ossicles are examined, and David will reshape or reposition existing bones or use prosthetic bones. If an Ossiculoplasty operation is performed on its own, the approach to the middle ear is the same as a Tympanoplasty, either going through the ear canal (endaural) or behind the ear (post-auricular).



After Surgery

- Some dizziness is common for the first few days - weeks. This should gradually improve but may be triggered by sudden movements.
- You may experience a ringing or buzzing sound. This usually improves as healing progresses.
- Temporary alteration in taste may occur. This typically resolves within a few months.
- Some bloody or clear drainage is normal for the first few days.
- You may feel a moderate degree of pressure in the ear. Chewing can be uncomfortable during the first few weeks because the ear canal is so close to the jaw joint.

Recovery Period

- The full recovery period usually takes 6 – 8 weeks.
- You should be fine to return to sedentary work within 2 weeks.

Eating & Drinking

Eat and drink as normal. Fluids are very important to help you recover and to prevent dehydration .

Ear Protection:

Protect your ear from loud noises. Avoid using air pods, headphones, loud music and concerts for 3 weeks.

Seek Emergency Care

If you have: severe, **persistent Dizziness**, significant **Pain** not relieved by prescribed medication, **Sudden Hearing Loss**, **Facial Weakness** or **Paralysis**, a **High Fever** or persistent, foul-smelling discharge from the ear, phone our Tūhauora Clinic on 09 55 33 781.

Activities After Surgery

- Avoid water exposure: Keep your ear dry.
- Do not swim or submerge your ears in water for at least 4-6 weeks.
- No flying unless necessary. Contact our team for clearance prior to booking flights.
- Only very light activity e.g.; walking for the first 3 weeks after surgery. No lightweight lifting or cardio.
- At 4 – 6 weeks, you can increase weight training and sporting activities e.g.; Heavier weights, Social sports.

Cleaning & Care At Home

- Keep your ear as dry as possible. The most important thing to remember is to keep water from entering the ear. When changing the outer cotton wool, you can cover it with Vaseline. This helps repel water, especially in the shower.
- Do not insert any objects into your ears such as Q-tips or fingers.
- Do not try to clean your ear or pull at your ear if it becomes itchy.

First 2 Weeks

Rest for the first 24 hours after surgery. Use a couple of pillows to keep your head elevated.

Do not blow your nose or pop your ears. It is common for your ears to change pressure when sneezing. If you need to sneeze, try to do so with your mouth open to avoid pressure on the ear.

Ear Packing (gauze, cotton material)

- You will have reduced hearing in your operated ear due to the packing.
- You can replace the cotton wool at the outer aspect of the ear if becomes blood-stained. A small amount of packing may fall out, this is okay.
- A small amount of bleeding is normal within the first week.

Post-operative Assessment & Packing

The bandage around your head can be removed 24-48 hours after surgery. If you find the bandage is too tight, it can be loosened. You will have deep packing placed inside your inner ear; this will be removed by David 2 – 3 weeks after your operation. The Tūhauora Clinic will arrange this appointment in advance.

Leaving the Hospital

If you live within a safe distance of emergency care and have adult support at home, you should be fine to go home on the same day. If not, you will be admitted for one overnight stay.

CONTACT:

If the Tūhauora Clinic is unavailable, please present to your nearest emergency facility / White cross or ED.

Whangarei Hospital: 09 430 4100

Kaitia Emergency: 408 9180

Ambulance: 111