

Bjorn Bie, M.D.  
Eric Stein, M.D.  
Arthur Lauretano, M.D.  
Vijay Nayak, M.D.  
Jessica Hootnick, M.D.  
Vishnu Kannabiran, M.D.  
Scott Finlay, M.D.  
Katherine Nickley, M.D.  
Ashley Swanson, PA-C



**MASSACHUSETTS**  
EAR, NOSE AND THROAT ASSOCIATES

3 Meetinghouse Road  
Chelmsford, MA 01824  
280 Main Street  
Suite 140  
Nashua, NH 03060  
Phones: (978) 256-5557  
(603) 594-3025  
Fax: (978) 256-1835  
[www.massent.com](http://www.massent.com)

## Otosclerosis and Stapedectomy

In normal hearing, sound vibrations are transmitted from the ear drum to the inner ear by three bones; the malleus, the incus and the stapes. In otosclerosis, excessive bone growth occurs adjacent to the stapes, preventing normal vibrations and causing hearing loss. Otosclerosis is often a genetic condition and can involve several members of one family.

The treatment for otosclerosis varies depending on the severity, type and pattern of hearing loss. In mild cases, hearing may be monitored with annual hearing tests with no need for treatment. In cases of greater hearing loss, a hearing aid or stapedectomy (or stapedotomy) may be recommended. A stapedectomy is an operation to restore the hearing loss caused by otosclerosis. The “frozen” stapes bone is identified and bypassed using a tiny Teflon or metal prosthesis. A laser is often used during the procedure. The operation may be performed under local (awake) or general (asleep) anesthesia and is often done on a “same day” basis. Discomfort is usually mild and the time lost from work is usually brief. Occasionally, a bit of tissue is taken from the earlobe and closed with a dissolving stitch.

After surgery, you will be given a prescription for pain medication and an antibiotic. Do NOT take Aspirin, Motrin, Advil or other pain medication for 2 weeks after, or 2 weeks prior to, surgery. Tylenol is okay.

Do not strain, stoop, or do any lifting of objects over 10 pounds for 3 weeks after surgery. Do not blow your nose for 3 weeks after surgery (sniffing is okay). You may sneeze or cough, but do so with your mouth open, never “stifle” or pinch your nose during a sneeze. For one week after surgery, keep all water away from your ear by using a shower cap or taking a tub bath. If your hearing becomes substantially worse, or if you become very dizzy, call the office. Mild unsteadiness during the first week after surgery is not unusual.

I will see you in the office in about one week after surgery to remove the packing from the ear. Continue to keep the ear canal dry for 2 weeks after surgery by using a large cotton plug mixed with Vaseline in the ear canal when showering. After 3 weeks you may swim, but do not dive for 2 months after surgery. Airplane flights and heavy lifting should be avoided for 4 weeks after surgery.