

## **POSTOPERATIVE INSTRUCTIONS FOR PATIENTS UNDERGOING LABYRINTHECTOMY AND ENDOLYMPHATIC SAC 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. Keep incision dry for one week following surgery.
5. If you wear glasses either remove the arm on the side that was operated on or make certain that it does not rest on the incision behind your ear for one week.
6. Some drainage from the incision behind your ear may occur after surgery. If the drainage is profuse or develops a foul odor call the office.
7. Avoid travel by air for three weeks following surgery.
8. If you should notice any swelling, redness or excessive pain, please call the office.
9. Some dizziness is common after surgery particularly with labyrinthectomy.
10. After a labyrinthectomy, complete hearing loss is expected. After endolymphatic sac surgery popping sounds, a plugged sensation, ringing or fluctuating hearing loss may be observed in the ear during healing.
11. An appointment will be made for you three weeks after surgery. If you do not have a follow-up appointment please call the office.