

Postoperative Instructions For Neurotologic Patients

1. Do not blow your nose for three weeks following surgery. If you sneeze or cough do so with your mouth open.
2. Light activity is encouraged. 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. After seven days you may gently wash the incisions, but make sure to dry them completely with a towel or hair dryer afterward.
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. Avoid travel by air for three weeks following surgery.
7. Do not drive before your first postoperative visit.
8. Mild headache, dizziness and neck stiffness are common after surgery.
9. Please call the office if you experience:
 - a. Redness, swelling or drainage from your incision.
 - b. Clear drainage from your incision or nose.
 - c. Pain, cramping or swelling in your legs.
 - d. Fever.
 - e. Severe headache or neck stiffness or unexpected facial weakness.
10. If necessary, any special care (incision, eye, other) will be discussed with you by your surgeon.
11. An appointment will be made for you three weeks after surgery, unless your physician states differently. If you do not have a follow-up appointment please call the office.