

## **The Ear, Nose and Throat Surgical Associates**

### **Post-Operative Instructions For 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 ear 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. Avoid travel by air for four weeks following surgery.
6. If you wear glasses, either remove the arm on the operated side or make certain that it does not rest on the incision behind your ear for one week.
7. 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.
8. Some dizziness is common after surgery, particularly with labyrinthectomy.
9. After labyrinthectomy, complete hearing loss is expected. After endolymphatic sac surgery, popping sounds, a plugged sensation, ringing, or fluctuating hearing may be noticed in the ear during the healing.
10. If you should notice any swelling, redness, or excessive pain, please call the office.
11. Please call the office to make an appointment to be seen in three weeks after the time of your surgery unless stated otherwise by your physician.
12. Should any problems or questions arise, please call the office.