

The Ear, Nose and Throat Surgical Associates

Post-Operative Instructions For Neurotologic/Acoustic Neuroma 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 at least four 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(s) dry for 7 days. After a week, you may gently wash the incisions, but then dry them completely with a dry towel or hair dryer.
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. Do not drive before your first post-operative 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. fevers
 - e. severe headache or neck stiffness
 - f. unexpected facial weakness
10. If necessary, any special care (incision, eye, other) will be discussed with you by your surgeon.
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.