



# Balance and Ear Center Inc.

## **Postoperative Instructions**

### **For Labyrinthectomy & Endolymphatic Sac Surgery**

1. Do not blow your nose for three weeks after surgery. If you sneeze or cough do so with your mouth open.
2. Avoid heavy lifting (over 10 lbs) straining or bending over for three weeks following surgery.
3. Keep your head elevated as much as possible. Sleep and rest on two or three pillows if possible.
4. Keep your 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 three 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 the ear for one week.
7. Some drainage from the incision behind your ear may occur following surgery. If the drainage is profuse or develops a foul odor please call.
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.
11. Please call The Balance and Ear Center, Inc to make an appointment to be seen in 7-10 days after the time of your surgery unless otherwise stated by your physician.

Should any question or problems arise please call our office

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