



# Patient Instructions

## POSTOPERATIVE INSTRUCTIONS FOR PATIENTS UNDERGOING: For Labyrinthectomy & Endolymphatic Sac Surgery

- Initially there will be a large bandage on the patient's head. This will stay in place until the first post op visit. The doctor will remove it in the office. If it should fall off at home prior to this, either try to gently put it back on or leave it off. It is primarily to absorb initial bleeding and drainage and does provide some protection from bumping the incision site.
- There will be some hair shaved behind the ear where the implant is placed and a fairly large incision. The sutures usually used are dissolvable and may not be visible. There will be some scabbing / crusting around the incision, but there should not be much fresh bleeding. If this occurs, please call the office.
- Keep incision dry for one week after surgery. No bathing/showering or hair washing until after first post op visit. Your first post op appointment will be three days after surgery.
- Avoid air travel for three weeks after surgery.
- It is not uncommon for patients to experience a fever post operatively and have some pain. The doctor will prescribe antibiotics and pain medications as he deems necessary. If a fever of 102 degrees persists for more than 24 hours, please call the office. If the medication prescribe does not seem to be adequate for the amount of pain the patient is experiencing, or is causing adverse effects (ie vomiting, rash), call the office so that an alternative medication can be called in.
- It is not uncommon for patients to experience vomiting after anesthesia. If it persists more than 24 hours, please call the office.
- It is not uncommon to experience some dizziness or tinnitus for several days after surgery. If this dizziness or tinnitus persists and is causing marked discomfort, please call the office.
- It is very important to drink plenty of fluids after any surgery. Some patients may have decreased appetite for a day or two, but normal diet should resume within a few days. We encourage a shopping trip prior to surgery to ensure a variety of favorite foods and drinks are available.
- There should be limited activity for at least one week sometimes more after surgery. No heavy lifting more than 4 lbs and no physical exercise until cleared by the doctor. Children should remain indoors and have limited play time for 7 to 10 days. Encourage quiet activities without other children if possible until the doctor says normal activities can resume.
- There is a message on our office phone that will direct after hours calls to the doctors' pager if you need immediate attention.
- All patients with cochlear implant should avoid certain types of electrical and magnetic tests or procedures such as MRI. You will want to obtain a medical Alert bracelet or necklace as with any electrical implant. You may call 1-800-ID ALERT for more information.