LABYRINTHECTOMY AND ENDOLYMPHATIC SAC SURGERY
Instructions following 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 head elevated as much as possible. Sleep and rest on two to three pillows if possible.
4) Keep the incision dry for one week following surgery.
5) Avoid air travel for three weeks following surgery.
6) If you wear glasses, either remove the arm on the operated side or try to keep it resting on the incision behind your 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 call the Dallas Ear Institute.
8) Some dizziness is common after labyrinthectomy. This may take several days to improve, and hospitalization for 3-5 days after this surgery is expected. The balance function slowly improves and you will be given balance exercises to perform.
9) Patients undergoing endolymphatic sac surgery can typically go home the same day of surgery. Some dizziness may occur, but this is usually mild.
10) 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 healing.
11) If you should notice any swelling, redness, or excessive pain, please call the Dallas Ear Institute.
12) Please call our offices Ear Institute to make an appointment to be seen three weeks after the time of your surgery unless stated otherwise by your physician.
13) Should any problems or questions arise, please call the Dallas Ear Institute 24 hours a day (972-566-7600)