



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)

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