



ENDOLYMPHATIC SAC SURGERY

Instructions after Surgery

1. The ear will have a plastic cup dressing with Velcro straps containing gauze placed over the ear to absorb drainage. This dressing can be adjusted as needed for comfort. It may be removed and dispensed the morning after surgery, unless instructed otherwise.
2. Pain severity after ear surgery varies greatly from patient to patient but is usually at its worst the first few hours after surgery. While still at the hospital it is common for patients to need IM or IV pain medicines. Oral pain meds are usually all that is needed thereafter and will be prescribed for home use. These are usually needed for only a few days.
3. Diet is “as tolerated” after surgery. Clear liquids will be given first and if tolerated a light food diet can be started that same day. The day after surgery the patient’s usual diet can be resumed. Nausea and even vomiting can occur the day of surgery and will be treated with medication as needed. Only rarely does a patient need to be prescribed nausea medicine for home use. In such cases clear liquids only should be given until all nausea has resolved.
4. The hair may be washed 2 days after surgery. The incision may get wet during the shower 2 days after surgery. The incision should be gently washed—do not rub the incision area too hard the first week after the surgery.
5. For the first week attempt to sleep either on your back or on the un-operated ear.
6. You may resume non-strenuous activity as soon as you feel like. Exercising, sports, heavy lifting, and air travel should be avoided for 1 week after surgery, or whenever your condition allows.
8. Some dizziness and ringing in the ear is normal after surgery. You will not be able to hear well due to fluid that will be present behind your eardrum and in your mastoid. It is very common to feel that your ear is plugged and to sense a pressure feeling in the ear. Popping and crackling in the ear is normal and may occur for several weeks after surgery. The hearing will not be checked for at least 6 weeks after surgery.
9. A small amount of dark red, bloody drainage from the incision behind the ear is normal. If anytime after surgery the drainage becomes “snotty” with a yellow mucous like appearance or develops a foul odor report this to our office.

10. It is normal for the ear to stand out from the head due to swelling for the first few weeks after the surgery. It will return to its normal position within a few weeks after surgery.

11. If you have any questions or concerns, please do not hesitate to call the Dallas Ear Institute at (972) 566-7600.

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