



# Balance and Ear Center Inc.

## **Postoperative Instructions For Neurotologic Patients**

1. Do not blow your nose for three weeks after surgery. If you sneeze or cough do so with your mouth open.
2. Light activity is encouraged. Avoid any heavy lifting (over 10 lbs), straining or bending for at least 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 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. Do not drive before your first postoperative visit.
8. Mild headache, dizziness and neck stiffness are common after surgery.
9. Please call if you experience:
  - a. Redness, swelling or drainage from your incision
  - b. Clear drainage from your incision or nose
  - c. Pain, cramping or swelling in your legs
  - d. Fevers,
  - e. Severe headache or neck stiffness
  - f. Unexpected facial weakness
10. 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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