



James V. Crawford, MD
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POST-OPERATIVE INSTRUCTIONS FOR LABYRINTHECTOMY

1. There will be a plastic "cup" dressing over your ear. Please leave it on for 24 hours.
 2. The incision behind your ear is waterproof.
 3. You may shower 24 hours after surgery.
 4. You may experience some dizziness and imbalance for the first 3-7 days after surgery. This is normal and part of the compensation process that you will go through.
 5. No lifting greater than 20 pounds.
 6. You're encouraged to walk around and be active. You may notice that you tire easily during the first few weeks as your brain compensates for your new balance settings. Listen to your body and rest when needed.
 7. Take Motrin (Ibuprofen or Advil) for pain control. You may require the prescription pain medications for the first few nights following surgery.
 8. You may return to work in 3-7 days.
 9. You may fly 48 hours after surgery.
 10. Call our office if: you notice significant swelling behind the ear, the ear or the area behind the ear is red or hot to the touch, you have a fever greater than 101.5°, the pain is not controlled, you have facial drooping/weakness, you have vertigo.
 11. Feel free to call the office during business hours for any questions.
 12. For afterhours emergencies, please call Dr. Crawford's cell: 208-440-6267. Leave a message if he does not answer and he'll call you back.
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