

POST-OPERATIVE INSTRUCTIONS FOR ENDOLYMPHATIC SAC DECOMPRESSION

1. There will be a dressing around your head. The dressing should be removed approximately 24 hours after surgery.
 - a. If you have plastic “cup” with a Velcro strap, simply release the Velcro and remove the cup.
 - b. If you have a gauze wrap, cut the gauze and remove it.
 - c. Either way, there will be gauze behind your ear. It should be removed. Beneath the gauze the incision will have “glue” on it. Leave the glue alone for 2 weeks.
2. You may shower 24 hours after surgery. You do not need to be concerned about getting the ear wet. Your ear will be waterproof.
3. You may still have episodes of the Meniere’s disease. It takes a few weeks for the shunt to begin to be effective. Continue whatever medical regimen you were on prior to surgery.
4. No lifting greater than 20 pounds.
5. 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.
6. Take Motrin (Ibuprofen or Advil) for pain control. You may require the prescription pain medications for the first few nights following surgery.
7. You may return to work as soon as you feel able, typically within 3-7 days.
8. You may fly 48 hours after surgery.
9. 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.
10. Feel free to call the office during business hours for any questions.
11. For afterhours emergencies, please call 208-938-5823