



Postoperative Care Instructions for Endolymphatic Sac Surgery

- After surgery, you will have a special plastic and gauze dressing wrapped around the operated ear and your head (called a Glasscock Dressing). This protects the ear and provides gentle but consistent pressure to prevent bruising. You may remove the plastic dressing, gauze, and all other dressings the morning following surgery unless instructed otherwise by your surgeon.
- Following removal of the dressing and gauze, you may begin using medicated ear drops as instructed by your surgeon.
- There is an incision behind your ear. This will typically be closed with either absorbable sutures (stitches) or a specialized skin glue. Both of these dissolve on their own and do not need to be removed. You may remove crusts, if they should form, from that area daily with either a clean, damp cloth or a cotton ball with some peroxide. Avoid excessive rubbing or scrubbing of the incision. If glue was used, avoid picking at it as this may interrupt the wound healing process. It is ok to get this area wet 72 hours (3 days) after your surgery date.
- Your ear canal was not part of the procedure and thus requires no special wound care.
- Avoid nose blowing until cleared by your surgeon. Sneeze through an open mouth if possible. The pressure associated with nose blowing may disrupt your healing process.
- Avoid lifting >30lbs, bending over, twisting, or strenuous activities for at least 2 weeks after surgery or until cleared by your surgeon.
- It is ok to sleep on the side of your surgery but this may be sore and uncomfortable.
- It is ok to drive following surgery when you feel ready and when you are no longer taking narcotic pain medications.
- After surgery, you may notice that your ear is muffled, perhaps more than prior to surgery. This is normal and expected. Your surgeon will discuss the anticipated timeline of your hearing recovery. You may also notice dizziness and numbness of your ear. These are normal and should recover quickly over time. Your surgeon will discuss these further in clinic.
- Vertigo episodes may still occur after surgery. These are typically less intense, and come at increasingly wide intervals of time. Treatment of vertigo episodes (Meniere's attacks) are the same as what you did prior to surgery.
- Flying after surgery may be permitted but should be discussed with your surgeon.

If you experience these symptoms after surgery, you should call your doctor's office:

- Excessive bloody drainage from the incision or swelling behind / above your ear.
- Any sign of infection such as increasing pain, yellow drainage, or swelling.
- Severe Dizziness and/or Vertigo.
- Fevers in excess of 102 degrees.
- Weakness or asymmetry of the face.

Never hesitate to call the surgeon's office if you have questions about your postoperative progress.