



THE UNIVERSITY OF ARIZONA
MEDICAL CENTER

University Campus
1501 N. Campbell Ave., 50PC
Tucson, AZ 85724
Office: (520) 694-1000
Fax: (520) 694-6101



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Home Care Instructions

Abraham Jacob, M.D.
Department of Surgery/Division of Otolaryngology
Otology, Neurotology, and Cranial Base Surgery

MEDICAL RECORD#

DOB

NAME

VISIT#

HOME CARE HANDOUT ENDOLYMPHATIC SAC DECOMPRESSION/SHUNT

This instruction sheet is designed to help you care for your ear(s) following surgery, and to answer many of the commonly asked questions. ***Please read the entire sheet carefully.*** Feel free to call us with questions or concerns you may have. If the nurse cannot address your concerns, a doctor will return your call or you may be asked to come to the office.

Leaving the Hospital

- You will receive a prescription for pain medicine and occasionally, one for an anti-nausea medicine. You will not routinely receive an antibiotic.
- The bandage should be removed the day following surgery. If a stay over night is needed, this may be done before you leave the hospital.

Home Care-The First Few Days

- First 24 hours after surgery:
- Remove all gauze from around the ear, including the telfa (shiny thin gauze) covering the incision.
- The auricle (outer ear) can be wiped gently with a soft cloth or cotton swabs to remove dried blood, but if the ear is tender this is not necessary.
- The incision behind the ear may be covered with Steri-strips, and if so, these should be left in place. They will remain adherent for about 10 days. No care is necessary.
- You may wash your hair 72 hours after surgery.
- It is not uncommon to feel slightly dizzy or lightheaded for up to 1 week after surgery.
- Tinnitus (ringing in the ear) is also noted by some patients. This generally improves with time.
- Do not bend over for 1 week after surgery. If you must bend, bend from the knees, **not** head-first from the hips. This will prevent pressure build-up in the head.
- Do not blow your nose for 2 weeks after surgery. Sniffing is okay. After 2 weeks you may blow your nose gently, one side at a time. Sneeze or cough with your mouth open during the first week following surgery.
- You may fly 3 days following surgery. Whenever you fly, take an over the counter decongestant 30-60 minutes before take-off. About 30 minutes before the plane begins to descend, spray your nose with Neosynephrine or Afrin nasal spray. Use this procedure whenever you fly in the future. You may use the same treatment when traveling by car in a mountainous region.
- No vigorous physical activity, including sports, until seen for your post-operative visit. With the exception of these restrictions, you may return to work or school as your overall condition permits. After 3-4 weeks most patients are able to resume all activities, including sports and physical exercise. Please discuss this with Dr. Jacob at your first post-operative visit.
- You may hear a variety of noises in your ear such as cracking or popping. This is part of the normal healing process.



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Home Care-After the First Few Days

- Pain should begin to subside. You may need to continue taking Ibuprofen or Tylenol for relief for mild pain.
- It is normal for the top 1/2 of the ear to feel numb and this may take several months to return to normal.
- There may be a change in taste (usually described as metallic) on one side of the tongue and this usually improves within several months.
- All stitches are under the skin and will not need to be removed. After the Steri-strips are removed, the incision should be cleaned gently with peroxide once or twice daily until no crusting is noted. A thin layer of antibiotic ointment (Neosporin, Polysporin, Bacitracin, etc.) is helpful for 7 days after removal of Steri-strips.

First Follow-up Appointment

- We require 2 follow-up post-operative visits. Please call 520-694-1000 to schedule the first visit approximately 3 weeks after the procedure.
- **The 2nd post-operative visit 3-4 months after surgery requires an audiogram (hearing test). Please let our schedulers know that the audiogram must occur prior to seeing Dr. Jacob that day.**
- Don't be anxious about the first appointment. Dr. Jacob will simply check the ear canal for infection.

Call the office if you experience:

- Increased pain not relieved by prescription medications.
- Large amounts of bleeding occur from the ear area.
- Pus/Foul smelling drainage occurs from the ear.
- There is redness in the ear area.
- Temperature over 100.5° on 2 consecutive readings.
- Severe dizziness.

Important Phone Numbers

University of Arizona Medical Center

- (520) 694-1000 Dr. Jacob's office - (follow-up appointments)
- (520) 694-1000 Dept. of Surgery Specialty Otolaryngology leave message for nursing station (post-op questions)
- (520) 694-6000 Hospital Operator (after hours questions) Ask for ENT physician on call.