



Vincent B. Ostrowski, M.D. • Brent J. Bencoter, M.D.  
(317) 842-4901 or toll free (800) 818-3277

## **POSTOPERATIVE INSTRUCTIONS FOR NEUROTOLOGIC PROCEDURES**

Including Acoustic Neuroma Excision, any Craniotomy, Cochlear Implant, Facial Nerve Decompression

1. DO NOT blow your nose for four (4) weeks following surgery. If you sneeze or cough, do so with your mouth open.
2. Light activity is encouraged, including walking (no running). Avoid any heaving lifting (over 10 pounds), straining, or bending for at least four (4) weeks following surgery.
3. Unless otherwise directed, do not travel by airplane for three (3) weeks after surgery.
4. Keep your head elevated as much as possible. Sleep and rest on 2 to 3 pillows as much as possible.
5. Keep your incision(s) dry for seven (7) days. After a week, you may gently wash the incision(s) but then dry them gently and completely with a towel or hair dryer.
6. If you wear eyeglasses, either remove the glasses' earpiece on the operated side or make certain that it does not rest on the incision behind your ear for the first week.
7. Do not drive before your first postoperative visit. If you had a cochlear implant, do not drive until after you finish all the pain medicine and no longer feel dizzy.
8. Mild headache, dizziness, and neck stiffness are common after surgery.
9. Please call the Midwest Ear Institute immediately at the numbers above if you are experiencing
  - Redness, swelling, or drainage from your incision
  - Clear drainage from your nose or from the ear incision
  - Pain, cramping, or swelling in your legs
  - A persistent fever over 101.5 degrees
  - Severe headache or neck stiffness
  - Facial weakness
10. If necessary, any special care (incision, eye, other) will be explained by your surgeon.
11. You will be given an appointment for a check-up in the office three (3) weeks from the date of surgery unless your surgeon instructs you otherwise. Please call the Midwest Ear Institute right away if this appointment date and time is not convenient for you.
12. Please call if any other problems arise.