



# EAR INSTITUTE OF CHICAGO, LLC

Specialists in Hearing/Cochlear Implants, Facial Nerve/Ear and Lateral Skull Base Surgery

**OTOLOGY/NEUROTOLOGY**

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## POST-OPERATIVE INSTRUCTIONS FOR SKULL BASE SURGERY

1. Please call the doctor's office (630-789-3110) and make an appointment to see your doctor one (1) week from the date you are discharged from the hospital, unless instructed to do otherwise.
2. Your hair may be shampooed starting ten (10) days after surgery.
3. **DO NOT BLOW YOUR NOSE FOR THREE (3) WEEKS** following surgery. Any accumulated secretions in the nose should be expectorated (spit out) through the mouth to avoid infecting the ear. If you sneeze, do so with your mouth open during the sneezing episode.
4. Avoid heavy lifting (>30 lbs), straining or significant exertion for **THREE (3) WEEKS** following surgery.
5. If you develop clear drainage from your nose, from the ear canal or from the incision behind the ear, please contact your doctor immediately (630-789-3110).
6. Monitor your temperature approximately every 12 hours for the first 7 days after discharge from the hospital. If your temperature rises above 102°F or if your temperature is 100.6°F on two consecutive readings, please notify your doctor immediately.
7. Should you develop a cold or become ill following surgery, please notify your primary care doctor.
8. In the case of emergency, after hours or on weekends, your doctor can be reached by calling our office (630-789-3110).

### Common Symptoms after Inner Ear Surgery

1. Some bloody ear drainage is expected in the first seven (7) days after ear surgery. If the drainage becomes yellow and/or has a foul odor, please contact your doctor.

2. A bloody nose may develop in the first few days after ear surgery. The bleeding is residual blood that accumulates in the ear and falls down the tube that connects the ear to the back of the throat (the eustachian tube). The nose bleeding should stop within 2 days after surgery. If the bleeding persists for more than two days after surgery, please contact your doctor.