

PHYSICIANS:

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POST-OPERATIVE INSTRUCTIONS
FOR SKULL BASE SURGERY

1. Please call the doctor's office (614-891-9190) and make an appointment to see him two (2) weeks from the date you are discharged from the hospital, unless instructed to do otherwise.
2. 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.
3. If you develop **clear drainage** from your nose, from the ear canal or from the incision behind the ear, please contact your doctor immediately.
4. **DO NOT BLOW YOUR NOSE FOR THREE (3) WEEKS** following surgery.
Any accumulated secretions in the nose should be expectorated through the mouth to avoid infecting the ear. If you sneeze, do so with your mouth open during the sneezing episode.
5. Avoid heavy lifting (>30 lbs), straining or significant exertion till cleared by your doctor.
6. If applicable, the ear dressing may be removed the day following surgery unless instructed otherwise. Call the office if significant swelling or redness develops around the incision.
7. Water should be kept out of the ear until it is healed. Unless instructed otherwise, the hair may be shampooed TEN (10) days following surgery, providing water is not allowed to enter the ear canal. This is avoided by putting a plug of cotton in the canal and massaging Vaseline into the cotton.
8. Common Symptoms after Inner Ear Surgery
 - a. 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.
 - b. 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.
 - c. A full sensation with **popping sounds**, may be noticed during the healing period
9. Should you develop a cold or become ill following surgery, please notify your **primary care doctor**.
10. In the case of emergency, after hours or on weekends, the Doctor can be reached by calling our office (614-891-9190, then press 9 to page the physician on-call). Please leave a detailed message with your name and callback numbers.