



## DISCHARGE INSTRUCTIONS FOR PATIENTS WITH ACOUSTIC NEUROMAS

Make an appointment to see your doctor approximately 4 weeks from the date of surgery, (708) 216-3835.

### **Activities to be avoided for the next 4 weeks:**

Do not blow your nose.  
Sneeze with your mouth open.  
Do not strain when having a bowel movement.  
Do not lift anything heavier than 10 pounds.  
Do not bend over.  
Do not fly in an airplane.  
Do not drive.

### **Wound Care:**

#### **Incision behind ear:**

You may gently clean the incision with warm water and pat dry.  
Apply Bacitracin ointment to the incision for seven days.

#### **Sutures in the ear (translabyrinthine patients only):**

You do not need to wash inside the operated ear.  
Have someone apply Bacitracin ointment to the sutures in the operated ear daily. Carefully use a Q-Tip to apply the ointment.

#### **Abdominal wound:**

There is no special care of this wound that is required.

You may shower and get all wounds wet 10 days after surgery, following suture and staple removal. If you should develop facial weakness, fever, eye pain, swelling of the incision site, or clear fluid draining from the nose or ear (CSF leak) please call us immediately. Depending upon your symptoms, we may need to see you or prescribe medication.

If you have any questions, do not hesitate to call at any time.

### IMPORTANT NUMBERS

(708) 216-9183—ENT Triage Nurse, Monday—Friday, 9:00 a.m.—4:00 p.m.

(708) 216-9183—ENT Department

(708) 216-9000—ENT Resident on call after hours and weekends