



Neuro-Otologic Post Operative Instructions

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Activity: Light activity is encouraged. You should avoid any strenuous activity or heavy lifting, at least until the time of your first postoperative visit.

Pain: Mild headache, dizziness and neck stiffness are common after surgery

General

Instructions: **DO NOT BLOW YOUR NOSE** for three weeks after surgery. If you need to sneeze, do so with your mouth open.

You should not drive before your first postoperative visit.

Keep your incision dry after surgery.

If you have facial weakness following the surgery, keep your eye moist during the day with Artificial Tears and at night with ointment. Lacrilube ointment can be purchased over the counter at your pharmacy to help with eye moisture/protection.

Call your Doctor:

- Clear drainage from your incision or your nose
- Redness, swelling or infected drainage from your incision
- Pain, cramping or swelling in the legs
- Fevers
- Severe headaches or neck stiffness

Follow Up: Please call University Otolaryngology at **401-885-8484** to make an appointment to be seen three weeks after the time of your surgery, unless stated otherwise by your surgeon.

