Postoperative Instructions

Endolymphatic Mastoid Shunt Procedure

Leaving the Hospital

- You will receive a prescription for the following medications once you leave the hospital:
  - Pain medicines
  - Anti-nausea medicine (not always)
  - Antibiotic for 4-10 days.
  - Steroid taper
- The bandage should be removed two days following surgery.

Home Care - The First Few Days

- First 24 hours after surgery:
  - Remove the cotton ball from the outermost part of the ear canal.
  - Replace cotton ball several times daily as needed to absorb the drainage if present.
- You may wash your hair 3 days after surgery.
- The incision behind the ear is typically covered with Steri-strips and these should be left in place. These will remain adherent for 10-12 days. No care is necessary.
- Do not blow your nose for 4 weeks after surgery. Sniffing is okay.
- You may fly 6 weeks following surgery.
- No vigorous physical activity, including sports, until seen for your post-operative visit. With exception of these restrictions, you may return to work or school as overall condition permits. After 3 weeks you may resume all activities, including sports and physical exercise.
- Hearing may be worse immediately following surgery. This is due to blood accumulation within the middle ear space
- You may hear a variety of noises in your ear such as cracking or popping. This is part of the normal healing process.
- Dizziness or lightheadedness, sometimes even true vertigo (spinning), are normal symptoms for up to 2 weeks following surgery.

First Follow-up Appointment

- Call the office for a follow-up appointment at the time recommended (typically 2 weeks following surgery) by Dr. Adunka. Sometimes this appointment may be with your referring otolaryngologist, in which case, Dr. Adunka will send a letter detailing your surgery and recommended follow-up care before you see the physician.

Call office if:

- Increased pain not relieved by prescription medications.
- Large amounts of bleeding from the ear area.
- Pus/Foul smelling drainage from the ear.
- Redness in the ear area.
- Temperature over 100° on 2 consecutive readings.
- Severe dizziness.

Important Contact Information

The Ohio State University

- (614) 366-3931 or dania.ahmed@osumc.edu
  Dania Ahmed in Dr. Adunka’s office
  non emergent questions, scheduling
- (614) 366-3687 Hospital Operator
  after hours, ask for ENT resident

Nationwide Children’s Hospital

- (614) 722-2000 Operator
  after hours questions, ask for ENT resident
- (614) 722-6547 ENT Nurse line
- (614) 722-4333 Emergency Department
  after hours emergency, only if no response from resident