

Wichita Ear Clinic

Discharge Instructions for Endolymphatic Sac Decompression/Shunt

DIET

- Soft diet for the next 2-3 days. Keep hydrated, drink 6 – 8 glasses of water or other fluids each day. If you become nauseated, withhold food and liquids for 2 hours and start again with clear liquids. Then progress diet as tolerated.
- Pain medication may cause constipation. Eat plenty of fresh fruits, vegetables, whole grain cereals and breads, raisins and prunes to help prevent constipation. If constipation occurs, take a stool softener or laxative as directed. (Colace or Miralax) Do not strain during bowel movements.

DRESSING

- Remove the outer gauze fluff dressing and cotton ball after 24 hours.
- Do not wash your hair for 2 days. **Keep ALL water out of the ear.** When there is a chance of water getting in the ear (while washing hair, bathing, etc.) make a ball of cotton that will fit into the ear canal- cover it with Vaseline and insert in the ear. The Vaseline is used to make a barrier for the water to not penetrate the cotton ball. Keep all water out of the ear until cleared your surgeon.
- **NO SWIMMING.**
- Expect some bloody drainage for the first few days. If drainage is excessive or pus or yellow drainage becomes present, contact the office.

ACTIVITY

- You may tire easily today. Rest and nap as needed. Anything that you do, do it SLOWLY. Climb stairs slowly and as tolerated.
- Do not drive, operate heavy machinery, make important decisions or drink alcoholic beverages for at least 24 hours from the time of the surgery or if you are taking narcotics.
- **DO NOT BLOW YOUR NOSE!** If necessary, wipe nose gently. If you need to sneeze do so with your mouth open.
- Avoid catching a cold or being around someone with cold symptoms.
- Do not push or pull heavy objects and **do not lift more than 20 pounds.** Avoid strenuous exercise, including bike riding, yard work, vacuuming, mopping, and lifting young children or heavy house cleaning until you see your doctor.
- With this surgery, the shunt surgery ordinarily does not begin to work for 3-4 weeks. You should not expect any dramatic change in your condition for several weeks.

MEDICATIONS (take all medications as prescribed)

- Mild intermittent pain is expected. Tylenol is usually adequate for pain relief.
- Use your ear drops if prescribed.
- You may take Dramamine (over the counter) 1 tablet 3 times daily for dizziness.

CALL THE DOCTOR IF ANY OF THE FOLLOWING OCCUR:

- Severe pain not relieved by pain medication
- A bad smell or yellow color drainage, streaking of redness, or heavy bleeding around your incision.
- Temperature above 101°
- Persistent nausea and vomiting
- Dizziness and fainting
- Unable to urinate for more than 6 hours.
- Contact your doctor if you have any questions or concerns

FOLLOW-UP

Call the office and make an appointment for 7-10 days.

I have read and understand the discharge instructions and reviewed them with the nurse.

Patient/Guardian Signature

Nurse's Signature

Date