

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

Otolaryngology/Head and Neck Surgery Center

**Nurse's Voice-Mail Line: 206-598-7519**

**After hours call UWMC Paging: 206-598-6190** and ask them to page the Otolaryngologist on call.

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**MEDICAL CENTER**  
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**Otolaryngology/  
Head and Neck Surgery Center**  
Box 356161  
1959 N.E. Pacific St. Seattle, WA 98195  
206-598-4022

## Call the Clinic Nurse or Doctor On-Call if You Have:

- Bleeding from the ear.
- Temperature higher than 101.5° F.
- Increased redness, swelling, pain, or drainage from the ear.
- Ongoing nausea, severe headache, vomiting, or severe dizziness.



## Patient Education

Otolaryngology/Head and Neck Surgery Center

# Surgical Removal of Acoustic Neuroma

*How to prepare for and what to expect from your operation*

An *acoustic neuroma* is a tissue growth that is non-cancerous. The growth can cause pressure on the 8th cranial nerve leading from the brain to the inner ear. This nerve is responsible for balance.

The goal of surgery is removal of the tissue growth. This pamphlet outlines what to expect, how to prepare for your operation, and how to plan for your recovery.

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*a passion for life*

**DO NOT take aspirin or similar products for 2 weeks before your operation.**

## How to Prepare for Your Operation

The hospital stay after the operation ranges from 3 to 7 days. Most patients spend at least 1 night in the intensive care unit for care and observation.

## What to Expect After Your Operation

### *Precautions and Self-Care to Speed Your Recovery*

#### Dressing

- If you have a plastic ear cover or bandage dressing, keep it in place until your post-op visit.
- You may adjust the strap if the dressing is uncomfortable.
- If the outside of your dressing becomes blood-stained, you may return to the clinic for a dressing change or cover the bloody area with a 4" gauze pad.
- Do NOT get your ear wet.
- **Do NOT disturb inner ear packing.** The packing will be removed by your doctor at your next clinic visit.

#### Pain

After surgery, you may:

- Have a headache.
- Feel dizzy.
- Feel lightheaded.
- Feel very tired.

You will be given pain medicine. This medicine may cause constipation.

## Nutrition

Most times, you can begin to eat and drink as usual the evening of the procedure. You may feel a little queasy from the anesthesia.

## Activity

- Do not blow your nose for 3 weeks. If you need to get mucous out of your nose, sniff it back and then spit it out.
- If you sneeze, keep your mouth open. Do NOT hold your nose, as this will blow air through your eustachian tube into your ear and cause a great deal of discomfort.

## Return to Work

You may return to light work when you are strong enough and not dizzy. Most people take 2 to 4 weeks off after surgery.

## Follow-up Visits

You could be in the hospital for several days. Make sure you have a follow-up appointment before you leave the hospital. If you do not receive a follow-up appointment, call 206-598-7519 to schedule one.

An MRI also may be scheduled after surgery.