

Vestibular Schwannoma Resection

Activity and physical therapy after your surgery

This handout explains what to expect after having vestibular schwannoma surgery.

What to Expect

It is common to have some of the symptoms listed below. Talk with your doctor about how long it may take to see improvement.

- Twitches in your face
- Problems moving your eyes, face, and mouth
- Hearing loss in one ear
- Feeling more dizzy and less steady when you stand
- Vision changes, where objects are blurry or seem to jump around

Physical Therapy

Physical therapists (PTs) will visit you while you are in the hospital. They will:

- Make sure you are safe while moving around your room and the hospital.
- Test your balance, vision, and other body systems.
- Track your progress.
- Give you exercises to improve your balance.
- Make sure you have everything you need to be safe when you leave the hospital.
- Give you a *gaze stabilization exercise program*. Tell your PT if these exercises make you feel dizzy or nauseated, but do not stop doing these exercises.



Your physical therapists will make sure you are safe while moving in the hospital.

How to Improve Your Outcomes

Studies find that:

- People who are more active after surgery have a better recovery.
- People who do gaze stabilization exercises in the hospital after this surgery had:
 - Less dizziness
 - Better balance and better ability to move
- People over the age of 50 who walked, did balance exercises, and did gaze stabilization exercises soon after surgery had better outcomes.

To Learn More

To learn more or to find a vestibular physical therapist in your area, visit the VeDA website at www.vestibular.org.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Physical Therapy:
206.598.4830