

Your Care at Home after an Endolymphatic Sac Decompression (ELSD)

What to Expect

You can expect to return from surgery with a large dressing over your ear and head. There will be an incision behind your ear. It is common to feel some pain, so use your pain medicine if you need it. You may have a small amount of blood-stained drainage from your ear.

What to Do

- Avoid strenuous activity for 2 weeks, or for as long as your doctor tells you. No jogging, yoga, competitive sports, swimming or lifting more than 15 pounds.
- Check your incision for any signs of infection. Watch for:
 - Redness
 - Swelling
 - Tenderness
 - Warmth at the site
 - Any pus-like drainage
- Keep the incision behind your ear dry for 2 days.
- Check with your doctor before air travel. It is often 4 weeks before you will be able to travel by air to avoid pressure changes in your ear.

When to Call Your Doctor

- Excess bleeding (bleeding that soaks a gauze dressing in 10 minutes or less and lasts for one hour)
- Temperature greater than 100.4° F for two readings taken 4 hours apart
- Pain that is not relieved by prescription pain medicine
- Any signs of infection; redness, swelling, fever, drainage, increased pain
- Any clear fluid leaking from your nose or ear.

Phone Numbers

ENT Clinic: (608) 263-6190 Monday - Friday, 8:00 am - 5:00 pm

After 5:00 pm or weekends, and holidays, the clinic number will be answered by the paging operator. Ask for the ENT doctor on-call. Leave your name and phone number with the area code. The doctor will call you back shortly.

If you live out of the area, please call **1-800-323-8942**.