PATIENT INSTRUCTION SHEET FOR AFTER SURGERY:

ACOUSTIC NEUROMA

An Acoustic Neuroma is a benign tumor arising from the eighth (hearing and balance) cranial nerve. This nerve travels from the brainstem to the inner ear. The nerve transmits sound and balance information from the inner ear to the brain. The facial nerve travels with the hearing and balance nerve. This nerve allows for movement of the muscles of the face. Acoustic Neuromas are typically slow growing tumors however, growth rates do vary. They usually arise in the inner ear canal and expand towards the brainstem. While these tumors do not directly invade the brain, they may push on the brainstem. If left untreated, continued tumor growth can be life threatening. Initial symptoms can include single-sided hearing loss, balance disturbances or vertigo, tinnitus, and a feeling of fullness in the ear.

Surgical removal of an acoustic neuroma is an inpatient procedure, which requires a 2-5 day inpatient stay. Recovery is typically 6 weeks. Please call the office to schedule your post-op appointment for 2 weeks after your surgery unless otherwise noted by Dr. Herzog. He will remove your sutures at this appointment.

Medication

You will be given a prescription for pain medication. Take this as prescribed only on an as needed basis. Do not drive or operate machinery while using narcotics. Avoid taking on an empty stomach. You may receive better pain relief by alternating the narcotic pain medicine with Tylenol 500-1000MG every 6 hours as needed. Discuss with Dr. Herzog the possibility of using Ibuprofen.

After-Care

Keep the incision dry while bathing or showering. The sutures will be removed at your first office visit. Do not pick, pull, rub or scratch you incision. Always wash your hands before and after contact with your incision. You may clean the incision with a hydrogen peroxide and apply antibiotic ointment to the site. You may experience dizziness and balance problems after surgery, do not be alarmed by this. This should improve as you increase your activity. We recommend you have someone help you at home for at least a few days after surgery.

Avoid lying on the operative ear for 1 week after surgery.

No strenuous activity until further notice from Dr. Herzog.

Call the office if you have a temperature over 100.3, your incision is red, swollen or coming apart, you have excessive drainage from your ear or incision, clear fluid draining from your ear, incision or nose. Do not wait until your next office appointment to report any problems or questions. The office number is 314-453-0001 and the after-hours exchange is 314-364-5323.