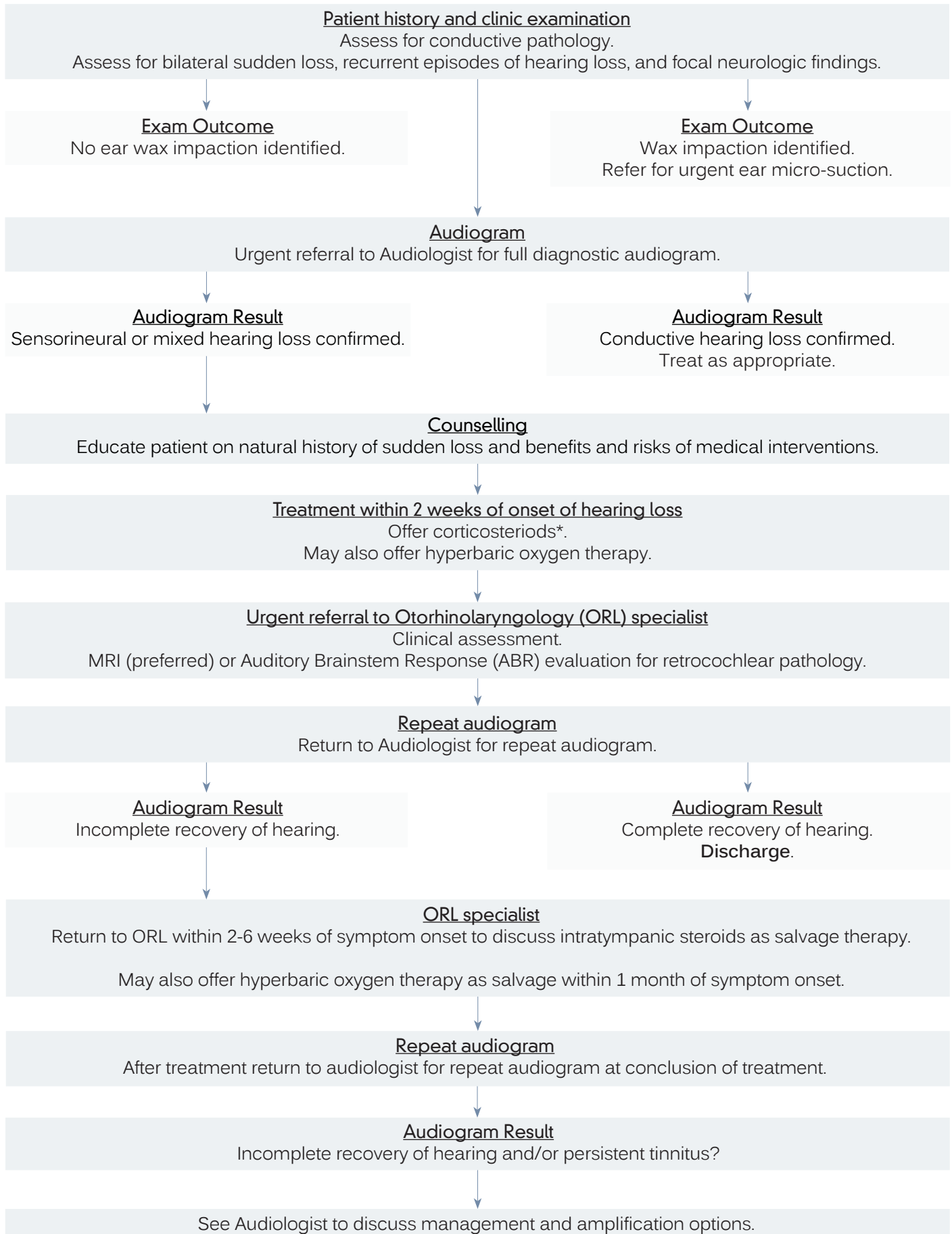


# Quick Guide

## Sudden Sensorineural Hearing Loss.

### Recommended against:

- Routine head CT.
- Routine lab tests.
- Routine prescriptions of anti-virals, thrombolytics, vasodilators, or vasoactive substances.



\* Corticosteroids are most effective within two weeks of the initial symptoms but should be administered as soon as possible. After two weeks, the window of opportunity for treatment is lost.

For optimal treatment outcomes, the recommended dose of oral prednisolone is 1mg/kg/d in a single dose, with the usual maximum dose of 60mg daily and treatment duration of 10 to 14 days. Patients may be prescribed the full dose of 7 to 14 days followed by tapering over a similar time period.

*Guidelines based on Chandrasekhar, S.S., et al. (2019) Clinical Practice Guideline: Sudden Hearing Loss (Update). Otolaryngology – Head and Neck Surgery, 161(1S) S1 – S45.*