

ARIZONA

HEARING CENTER

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Cochlear Implant

POST OPERATIVE INSTRUCTIONS

Please Read Before Surgery

This information is to help you care for your ear following surgery and to answer many of the commonly asked questions.

DAY OF SURGERY

Please do not take any valuables to the hospital. This includes jewelry and handbags. Please do not apply makeup prior to surgery. Do not eat or drink after midnight before surgery, including water.

PRECAUTIONS

1. Do not take any unnecessary chance of catching cold, Avoid undue exposure or fatigue. Should you catch a cold, treat the cold in your usual manner. Contact the office if you should develop ear symptoms.

2. Do not "pop" your ears by holding your nose and blowing air through the Eustachian tube. If it is necessary to sneeze, do so with your mouth open. Excessive air into your ear can lead to air accumulating around the implant and impede healing and possibly lead to infection.

3. You may anticipate a certain amount of pulsation, popping, clicking and other sounds in the ear. There may be a feeling of fullness in the ear. Occasional sharp shooting pains are not unusual.

Additionally, it may feel as if there is liquid in the ear.

4. Do not plan to drive home from the hospital. No public transportation may be used. Please arrange to have someone available to drive you home.

5. Minor degrees of dizziness or light-headedness may be present with head motion and is normal after ear surgery. If the feeling persists for seven days after surgery or increases, please contact the office.

6. A bloody nose may develop in the first few days after surgery. The bleeding is residual blood that accumulates in the ear and drains down the tube that connects the ear to the back of the nose. The nose bleeding should stop within 4 days after surgery. If the bleeding persists for more than 4 days after surgery, please contact the office.

7. You may resume light aerobic exercise one week after surgery. Please do not start any weight lifting or straining for at least three weeks after surgery.

8. Do not "pop" your ears by holding your nose and blowing air through the eustachian tube. If it is necessary to sneeze, do so with your mouth open.

9. Taste disturbance and mouth dryness is not uncommon for a few weeks following surgery. In some patients recovery may be prolonged.

10. Ear numbness is not uncommon for a few months following surgery. In some patients the numbness is prolonged.

If you wear glasses avoid the arm of the glasses pressing on the incision behind your ear. The pressure of the area of the glasses could impede healing or cause infection.

DRESSING

Please remove the dressing the morning following surgery. Cut the dressing in the region above the eye where the dressing comes together. Glue has been placed on your incision. You can shower the morning after surgery. Please make sure you have removed the dressing and washed the area prior to coming in for your initial stimulation of the cochlear implant.

PAIN

Mild intermittent ear pain is not unusual during the first 2 weeks. Pain above or in front of the ear is common what chewing. Occasional shooting pain in the ear is normal. If an incision has been made around your ear, you can expect the region to remain tender and to have some discomfort for a period of a few weeks. The nerve that innervates the ear has been injected with a long term anesthetic. For the first few days after surgery, please take ibuprofen as directed every four hours while awake. Please inform the office if you are allergic to any medications.

EXTERNAL DEVICES

The external device was delivered to you the day of surgery. The hospital/surgery center purchased the device for you and will invoice your insurance. Please open the device and review all of the materials including the packing list to ensure all items are enclosed and this it is what you had requested. It is helpful for you to review all of the written material concerning your cochlear implant prior to your first visit.

Please verify that you have received the correct colors and components of the implant prior to opening any boxes.

The external cochlear implant has a warranty. Please review the warranty documents. Arizona Hearing Center provides clinical support for your cochlear implant (programming, post-operative care, hearing issues). Any warranty or service issues regarding the device should be directed to the implant manufacturer. The contact information for the companies follows. We recommend you contact the service and support department first.

Advanced Bionics
Service and support
1-877-829-0026

Cochlear Corporation
Service and Support
1-800-483-3123

Med-El Corporation
Service and Support
1-888-633-3524

APPOINTMENT FOLLOWING SURGERY

You will need programming appointments with audiology and appointments with the Physician's Assistant or the Doctor.

Initial stimulation:

1 week

1 month- (post-operative appointment and cochlear implant programming visit on the same day.)

3 months

6 months

1 year

And once a year thereafter.

The Arizona Hearing Center wants all of your questions to be answered. We would rather you err on the side of caution rather than not calling. Please feel free to call at 602-307-9919.