



COCHLEAR IMPLANT SURGERY

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



ACTIVITY

- Within the first 24hr. you may experience nausea or vomiting. Additionally some patients may feel dizzy or lightheaded.
- For the first **3 week** of your recovery, please avoid heavy lifting and vigorous exercise. Children must avoid rough play and contact sports.
- Try **NOT** to blow your nose forcefully and try to avoid sneezing through your nose as this will cause pressure into the ear.
- Usually patients may return to work/school within 3-5 days; please discuss with your surgeon.



SPECIAL CARE AND INSTRUCTIONS

WOUND CARE

- Keep your ear dry at all times, until your doctor lets you know it is safe to get your ear wet.
- An outer bandage has been placed over your ear in the Operating Room by your surgeon.
- If you are a patient of Dr. Kesser's you may remove this bandage 24 hour after your surgery.
- If you are a patient of Dr. Hashisaki's you may remove the bandage 48 hour after your surgery.
- Adults: Your steristrips will be removed in 7-10 days; you may then get the area wet . Do not scrub or soak the area however.
- Children: there will be absorbable sutures in the skin. Use bacitracin ointment over the incision line twice a day until seen in the office in 7-10 days. No scrubbing, soaking or swimming.
- After 2 week you may gently clean the area with a moist washcloth or with a Q tip and hydrogen peroxide.

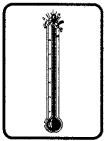
MEDICATIONS

- Most pain after your surgery can be alleviated with Tylenol or Advil. Occasionally a mild narcotic may be needed.
- If you take Aspirin or Coumadin, please discuss with your surgeon when to restart them. Otherwise resume the medications you were taking before your surgery. **DO NOT** drive if you are taking a narcotic.
- You will be given a prescription for an antibiotic after your surgery; please take as directed.

FOLLOW UP

A follow up appointment will be made for 7-10 days. At this time the surgeon will check your incisions to assure proper healing.

A second appointment for 3-5 weeks later will be arranged. You will meet with the audiologist for the first "hook up" and mapping of your cochlear implant. You will see your surgeon following this Audiology appointment.



INFECTION

Watch for any sign of infection after surgery: fever greater than 101.5°F, chills, increased pain, redness, swelling or foul smelling drainage from your ear.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 after hours and ask for "Resident on call" for ENT IF:

- You have any sign of infection as described above
- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- Vomiting lasting more than four (4) hours
- Large amount of bleeding (more than one teaspoon)

Office hours for the Department of Otolaryngoscopy Head and Neck Surgery are: Monday– Friday 8 am to 5 pm. Call (434) 924-5700 for Dr. Kesser or Dr. Hashisaki if you have any questions or concerns.

Call 911 if you have chest pain or shortness of breath