

COCHLEAR IMPLANTATION POST OPERATIVE INSTRUCTIONS

LEAVING HOSPITAL

If you have not already been given a postoperative appointment, please call to schedule a post operative visit approximately two weeks after surgery. Also please confirm your cochlear implant switch on date with Northside Audiology (9419 6999).

Any prescription you receive just prior to surgery should be filled. Take the medication at home as directed.

There are no dietary restrictions although if either dizziness or nausea is present, it is best to start with clear liquids.

DRESSING

Remove the ear dressing the day after surgery. It is not unusual to have bloody drainage on the dressing pads. The incision behind the ear is covered by paper adhesive strips which should remain in place for two weeks.

PRECAUTIONS

1. DO NOT blow your nose until such time that it has been indicated that your ear is healed. Any accumulated secretions in the nose may be drawn back into the throat and expectorated if desired. This is particularly important if you develop a cold.
2. DO NOT "pop" your ears by holding your nose and blowing air through the Eustachian tube into the ear. If it is necessary to sneeze, do so with your mouth open.
3. DO NOT allow any water to run over the incision behind

the ear for two weeks. In the meantime, when showering and washing behind the ear, cover the ear with a cup or shower cap.

4. DO NOT take any unnecessary chance of catching a cold. Avoid undue exposure or fatigue. Should you catch a cold, treat it in your usual way, reporting to us if you should develop ear symptoms.
5. You may anticipate a certain amount of pulsation, popping, clicking and other sounds in the ear, and also a feeling of fullness in the ear. Occasional sharp shooting pains are not unusual. At times it may feel as if there is liquid in the ear.
6. DO NOT plan to drive a car home from the hospital. Air travel is permissible two days following surgery. When changing altitude, you should remain awake and chew gum to stimulate swallowing.
7. DO NOT perform any heavy lifting (more than 15 kilograms) or vigorous physical activity for three weeks after surgery.

DIZZINESS

Minor degrees of dizziness may be present on head motion and need not concern you unless this should increase. If you have increased dizziness, please contact us.

DISCHARGE

A yellow (infected) discharge at any time is an indication to call to make an appointment to see the doctor. Discharge with a foul odour should also be reported.

PAIN

Mild, intermittent ear pain is not unusual during the first two weeks. Pain above or in front of the ear is common when chewing. If you have persistent pain not relieved by Panadol or the prescribed pain medication, call to make an appointment to see the doctor.