



ENT

Associates

Making sense of your family's
hearing, sinus and throat problems

Bone Anchored Hearing Aid (Baha)—Postoperative Instructions

To minimize discomfort during the recovery period and achieve the best surgical outcome, please refer to these notes and recommendations:

Activity

- ◆ Sleep with the head of the bed elevated with 2-3 pillows. This will help reduce swelling.
- ◆ Avoid nose blowing. When you sneeze, keep your mouth open.
- ◆ Avoid strenuous activity and heavy lifting (> 10 lbs.)

All normal activity (e.g. showering, sneezing, travel, etc.) can resume after the post-op appointment, typically two weeks after surgery.

Wound Care

- ◆ A dressing will usually be placed over the ear after surgery. Your doctor will instruct you when this dressing may be removed.
- ◆ When the dressing is removed, the ear canal and stitches should be kept dry. Bathing and hair washing may be done carefully with assistance after 48 hours.
- ◆ It is normal to have some blood-tinged discharge from the ear canal for several days after surgery. A cotton ball will usually be placed immediately after surgery and should be changed as needed.
- ◆ There may be some packing material placed in the ear canal. Do not touch this or insert any foreign objects (e.g. Q-tips, bobby pins, etc.) into the ear canal.
- ◆ Apply antibiotic ointment (Bacitracin or Neosporin) to the stitches 2 times / day or as instructed by your physician.
- ◆ Ear drops may also be prescribed. Use as directed.

Pain

- ◆ Your doctor may prescribe medicine for pain to be used as directed.
- ◆ Avoid aspirin and ibuprofen (e.g. Motrin, Advil).

(continued on back)

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Normal Postoperative Symptoms

- ◆ Mild, intermittent pain lasting 2 to 4 weeks
- ◆ Tingling or numbness around the ear
- ◆ Crusting around the ear canal or stitches
- ◆ Pulsating and/or popping sounds in the ear
- ◆ Drainage or discharge—call your physician if discharge is yellow/green or foul-smelling.
- ◆ Sensation of something moving inside the ear
- ◆ Ringing noises in the ear
- ◆ Taste disturbance or dysfunction
- ◆ Mild dizziness
- ◆ Mild swelling around the eyes / mouth, with some bruising—call your physician if swelling is larger than golf ball.
- ◆ Appearance that affected ear sticks out or sits higher/lower than the other ear

Emergencies

During office hours, please call **727-791-1368, Option 3**, to speak to a Medical Assistant if you experience excessive, persistent bleeding, high fever (>101.5°F), intolerable pain unrelieved by medication, golf-balled size swelling, or foul-smelling discolored discharge from the ear. If it is after hours, our answering service will notify the physician on call. Please have your preferred pharmacy's phone number available.

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