



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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Clearwater

Office: 727-441-3588

1330 South Fort Harrison • Clearwater, FL 33756

Countryside

Office: 727-791-1368

3190 McMullen Booth Rd • Clearwater, FL 33761

Dunedin

Office: 727-450-0560

646 Virginia Street, 3rd Floor • Dunedin, FL 34698

Facial Aesthetics Center

Office: 727-446-FACE (3223)

1320 South Fort Harrison • Clearwater, FL, 33756

Largo

Office: 727-397-8551

8787 Bryan Dairy Road, Suite 170 • Largo, FL 33777

Port Richey

Office: 727-819-0368

11031 US 19, Suite 104 • Port Richey, FL 34668

St. Petersburg

Office: 727-767-0933

6540 4th Street North, Suite C • St. Petersburg, FL 33702

Tampa

Office: 813-925-5000

10810 Sheldon Road • Tampa, FL 33626

Trinity

Office: 727-247-1234

11320 State Road 54 • Trinity, FL 34655



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