

## Cochlear Implantation—Postoperative Instructions

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

### Precautions

- ◆ Keep your head elevated when lying down for 2 weeks following surgery.
- ◆ Do not blow your nose until your doctor has told you that your ear is healed. Any accumulated secretions in the nose may be drawn back into the throat and spit out if desired. The nose may be gently dabbed with tissue paper. This is particularly important if you catch a cold. You should follow this precaution for four weeks following surgery.
- ◆ Do not “pop” your ears by holding your nose and blowing air through the Eustachian tube into the ear.
- ◆ Do not allow water to enter your ear until advised by your doctor. You may shower 48 hours after the operation, but place a small clean piece of cotton dipped in Vaseline in your outer ear opening to keep water out. If you have packing in your ear, this may be placed directly over the packing. Remove the cotton after showering is complete. Normal showering can begin again two weeks after surgery.
- ◆ Apply a small amount of Bacitracin or Neosporin to the incision after cleansing for two weeks. The sutures are dissolvable and will fall out on their own.
- ◆ Driving is permitted when you no longer experience dizziness or fatigue and you are no longer taking pain medication.
- ◆ Avoid flying for two weeks.

*(continued on back)*

## Dizziness

- ◆ Dizziness may occur due to swelling in the inner ear. You may not notice the dizziness until 2-3 days following surgery, when the swelling is the greatest. Your physician may recommend medication to reduce swelling and ease any pain. Avoid sudden movements.

## Drainage and Discharge

- ◆ Bloody or watery discharge is expected during the healing process. Call your physician if you experience yellow or green discharge, excessive discharge, or discharge with foul odor.

## Pain

- ◆ You may be given a prescription for post-surgery pain medication. Mild, intermittent ear pain is not unusual during the first 2 weeks after surgery. Pain above or in front of the ear is common when chewing. If you have persistent ear pain not relieved by a regular dose of Tylenol or Advil after the first several days, call your doctor's office.

## Emergencies

During office hours, please call **727-791-1368, Option 3**, to speak to a Medical Assistant if you experience **persistent bleeding, discolored or odorous discharge, high fever (>101°F), intolerable pain unrelieved by medication**. 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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