



ENT

Associates

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

Cochlear Implantation—Postoperative Instructions

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

Precautions & Directions

- ◆ You will go home with a cup over your ear and may also have cotton / gauze in the ear canal. You may remove this cup and any packing in the ear 24 hours after surgery.
- ◆ You may shower 48 hours after the operation. You may gently wash your hair. **AVOID** swimming, baths, or other activities where the ear is completely submerged under water for two weeks after surgery.
- ◆ Apply a small amount of Bacitracin or Neosporin to the incision after cleansing for two weeks after surgery. The sutures are dissolvable and will fall out on their own.
- ◆ Gentle nose blowing for two weeks post surgery is recommended. Do **NOT** 'pop' your ears by holding your nose and building up air.
- ◆ Avoid strenuous activity and heavy lifting (>10lbs) for two weeks after surgery.
- ◆ Avoid flying for two weeks after surgery.
- ◆ Driving is permitted when you no longer experience dizziness or fatigue and you are no longer taking pain medication.

Dizziness

- ◆ Dizziness may occur due to swelling in the inner ear. You may not notice the dizziness until two to three days following surgery, when the swelling is the greatest. Avoid sudden movements. If dizziness is severe, or persists after the first two to three days, call your doctor.

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.

(continued on back)

Other Normal Postoperative Symptoms

- ◆ Tingling or numbness around the ear.
- ◆ Appearance that affected ear sticks out or sits higher/lower than the other ear. This is usually due to swelling.
- ◆ Slight crusting around the stitches.

Medication

- ◆ Mild, intermittent ear pain is not unusual during the first two weeks after surgery. Pain above or in front of the ear is common when chewing. You may take a regular dose of Tylenol or Advil. Alternate every four hours between Tylenol and Advil, as needed. You may also be given a prescription for post-surgery pain medication. This should be taken only as needed. If you have persistent ear pain not relieved by a regular dose of Tylenol or Advil after the first several days, call your physician.
- ◆ You may be prescribed an oral antibiotic—take this as directed.

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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