

# COCHLEAR IMPLANTATION POST OPERATIVE INSTRUCTIONS



Norwest ENT  
Group

## LEAVING HOSPITAL

If you have not already been given a postoperative appointment, please call to schedule a visit approximately two weeks after surgery. Also please confirm your cochlear implant switch on date with your cochlear implant audiologist 8 weeks following the surgery.

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 enter the ear or run behind the incision until advised by your doctor that the ear is healed.

In the meantime, when showering or washing the ear, cottonwool covered with vaseline may be placed in the outer ear opening and discarded after the shower. If an incision was made in the skin behind your ear, water should be kept away from this area for one week.

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.

## Contact Numbers:

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