



Dr. Huang's Post-Operative Instructions: Cochlear Implantation

General Care:

Rest: Take it easy for the first few days. Gradually return to normal activities as you feel comfortable, but avoid strenuous activities for at least 1-2 weeks.

Diet: You may resume a normal diet. Start with light meals on the day of surgery and increase as tolerated.

Sleeping Position: Elevate your head using extra pillows for the first few days to reduce swelling.

Incision Care:

- A cup dressing is placed over the incision and ear to prevent swelling and keep the site clean. You can wash the incision gently with mild soap 2-3 days after surgery; remove the dressing at that time. Wear it at night if you are able to tolerate it in order to prevent lying on the ear.
- Absorbable stitches are present and they will dissolve on their own within 5-7 days. If the stitches are exposed (not covered with tape), apply antibiotic ointment 2-3 times a day for two weeks.
- Slight redness and swelling around the incision are normal, but if swelling worsens, the incision becomes redder, or it becomes extremely painful, contact your doctor immediately.
- Drainage or fluid collecting under the incision is abnormal and requires prompt medical attention.

Water Precautions:

- Avoid swimming until cleared by your surgeon.
- When showering, prevent water from entering the ear by placing a cotton ball with petroleum jelly in the outer ear.

Pain Management:

- **Mild intermittent pain is common for the first two weeks, particularly near or in front of the ear, or when chewing.**
- **Over-the-counter pain relievers like Acetaminophen (Tylenol) or Ibuprofen (Motrin, Advil) can be used as directed. Prescription pain medications may also be used if provided.**
- **If the area around the surgical site is sensitive, cushioning it with fluffed gauze pads can help.**

Symptoms to Expect:

- **Dizziness and Nausea: Mild dizziness or nausea is common after surgery, especially due to inner ear drilling, and typically resolves within 24 hours to a few days. If dizziness worsens after a few days, contact your doctor.**
- **Taste Changes: Some patients experience a metallic taste or altered taste sensation, which is usually temporary.**
- **Voice Changes: Hoarseness from the anesthesia tube may last for a few days.**
- **Ear Sensations: Popping, clicking, or a feeling of fullness in the ear are common during the healing process and will resolve gradually.**

Activity Restrictions:

- **Avoid Lifting: Refrain from lifting anything heavy (over 10 lbs) or engaging in strenuous activities for at least 2-3 weeks.**
- **Air Travel: Avoid air travel for 4-6 weeks or until cleared by your surgeon.**
- **No Swimming: Swimming is not allowed until approved by your surgeon.**

Risks of Cochlear Implantation Surgery:

As with any surgical procedure, cochlear implantation carries certain risks. These may include:

- **Hearing loss or changes in hearing.**
- **Dizziness or balance problems.**

- Tinnitus (ringing in the ear).
 - Infection, bleeding, or swelling around the surgical site.
 - Facial nerve injury (rare).
 - Taste changes or metallic taste sensation.
 - Graft or device failure (rare).
 - Anesthesia-related complications.
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When to Call the Doctor:

Contact Dr. Huang's nurse at 402-403-3094 extension 123 OR Option #2 followed by Option #2

1. Significantly worsening dizziness or balance problems.
 2. Increased redness, swelling, drainage, or tenderness around the incision.
 3. Stitches break or the incision begins to open.
 4. Any problems moving your face
 5. General condition worsens rather than improves as days pass.
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Follow-Up:

Post-Op Appointment: Your first follow-up appointment will be scheduled within 1-2 weeks after surgery to monitor healing and remove any necessary sutures.

Patient Acknowledgment:

I acknowledge that I have received and understand the post-operative instructions and risks for my cochlear implantation surgery.

*****BEFORE Surgery, I will make sure I have the Pneumovax Vaccine to prevent meningitis**

Patient Signature: _____

Date: _____