

Dr. Huang's Post-Operative Instructions: Bone Anchored Hearing Aid (BAHA or OSIA)

Activity:

- **Limit Activity:** Limit activity for the first 24 hours. Gradually resume usual activities afterward, starting with light activities like walking or light household chores. Avoid heavy lifting, bending, or straining for 2 weeks.
- **Protect Surgical Site:** Take care to avoid any impact or injury to the surgical site.
- **Showering:** You may shower 2 days after surgery, but avoid direct water on the incision site. Avoid tub soaks, lotions, and shampoo near the incision.
- **Swimming:** No swimming until the area has fully healed (generally 4 weeks post-surgery).
- **Travel:** Air travel is permitted 1 week after surgery.
- **Sleeping Position:** Try to avoid sleeping on the surgical side.
- **Return to Work:** Generally, patients can return to work after 3 days or as instructed by the doctor.

Wound Care:

- **Antibiotic Ointment:** Apply antibiotic ointment to the incision site 2-3 times daily if the incision is open. If there are white "steri strips", leave it in place.
- **Keep Area Dry:** Keep the area clean and dry. Avoid direct water exposure to the incision for the first 72 hours. Do not scrub or rub the incision site.
- **Healing Cap:** If a healing cap is present (used in BAHA only), keep it in place until the follow-up visit (usually 8–12 days post-surgery). If the healing cap falls off, reattach it immediately to prevent skin overgrowth.
- **Dressing:** Keep the surgical site dry and keep the healing cap and gauze in place until the first post-op appointment.

Diet:

- **Resume Normal Diet:** You may return to a normal diet once you go home.
- **Hydration:** Drink plenty of fluids, aiming for 6–8 glasses of water or juice per day.

Medications:

- **Pain Management:** Expect some pain for the first several days. Take prescription pain medication as directed. Avoid driving or operating heavy machinery while taking these medications, as they may cause drowsiness.

- **Acetaminophen Caution:** Do not take any additional acetaminophen (Tylenol) while on prescription pain medications unless advised.
- **Antibiotics:** Take the full course of any prescribed antibiotics (oral or ear drops) to prevent infection.
- **Resume Other Medications:** Continue any other regular medications as directed by your doctor. If on blood thinners (e.g., Plavix, Coumadin), these can usually be resumed the day after surgery. Confirm with your nurse before discharge.

Expected Symptoms:

1. **Nausea/Vomiting:** This is common post-surgery due to anesthesia and typically subsides within 24–48 hours.
2. **Tinnitus:** Temporary tinnitus (ringing in the ears) may occur after surgery and can last 1–2 months. It usually decreases as healing progresses.
3. **Bleeding:** Slight oozing from the incision or around the BAHA abutment may occur for 24–48 hours post-surgery after removing the head wrap. This should stop or slow down with 10–15 minutes of firm manual pressure.

Risks of Bone Anchored Hearing Aid (BAHA or OSIA) Surgery:

As with any surgical procedure, BAHA/OSIA implantation carries some risks, including:

- Infection at the implant or incision site.
- Bleeding from or around the surgical area.
- Skin Irritation or discomfort around the implant site.
- Device Failure or Malfunction which may require additional surgery.
- Nerve Injury (rare), potentially affecting sensation near the implant area.
- Pain or Discomfort that persists beyond the typical recovery period.
- Foreign Body Reaction to the implant.
- Anesthesia-related Risks which will be reviewed with you before surgery.

When to Contact Your Doctor:

Call your doctor or go to the emergency room if you experience any of the following:

- Fever over 101.5°F.
- Pain not relieved by pain medication.
- Pus or foul-smelling drainage from the implant site.
- Active bleeding.
- Difficulty breathing.
- Difficulty keeping the second dressing in place.

- Severe headache or any changes in mental status.

Contact Information:

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

Patient Acknowledgment:

I acknowledge that I have received and understand the post-operative instructions and risks for my Bone Anchored Hearing Aid (BAHA or OSIA) surgery.

Patient Signature: _____

Date: _____