

## Postoperative Instructions

### Bone Anchored Hearing Implants with Direct Coupling

### Cochlear Americas BAHA Connect and Oticon Ponto Systems

Abraham Jacob, MD  
Ear & Hearing @ Center for Neurosciences

This instruction sheet is designed to help you care for your ear(s) following surgery, and to answer many of the commonly asked questions. *Please read the entire sheet carefully.*

#### Leaving the Hospital

- Typically, this is an outpatient procedure. Most people leave the hospital with a prescription for antibiotics, pain medication, and anti-nausea medication. The pain medication and anti-nausea medication are "as needed" medications and do NOT have to be taken if there isn't much pain or nausea.

#### Home Care-The First Few Days

- You may return to work or school the day after surgery.
- Keep the cup dressing on your ear for 24 to 48 hours; then remove the cup dressing. Under that, there is a healing cap with a sponge below it. Please leave that in place for an additional 3 days. Then, remove the healing cap and sponge dressing. You can shower normally and use soap/water to gently clean the incision. Once clean, please apply over the counter antibiotic ointment of some kind to the incision line for one week.
- If there is plenty of clearance of the implant's abutment from the skin, please clean the plastic healing cap and store it safely
- If the abutment does not clear the skin by several millimeters, please snap the healing cap back on each time after cleaning/applying ointment.
- Try not to lose the healing cap as you will incur a cost to replace that.
- It is not uncommon to feel slightly dizzy or lightheaded for up to a week after surgery. This is not an inner ear operation; the dizziness may be due to medications you received for anesthesia.
- You may fly immediately after surgery. No precautions required.

#### Home Care-After the First Few Days

- Drainage should begin to decrease, and pain should also subside. Continue clean the incision site daily during showers. Do not use antibiotic ointment anymore after one week.
- Transition to over-the-counter pain medications, if needed.

#### Your First Follow-up Appointment

- Stitches used for this operation may be dissolvable. If you have black or blue sutures along your incision, those will need to be removed about 10 days after surgery by Mary Vidal, MA (or another of Dr. Jacob's assistants). You do not need a follow up with Dr. Jacob unless there is a concern. Please make sure you have your appointment with Audiology for activation of your external sound processor about 8 weeks after surgery.

#### Call Ear & Hearing @ Center for Neurosciences (520-795-7750) if you observe:

- Increased pain not relieved by Tylenol or Ibuprofen.
- Large amounts of bleeding from the ear.
- Pus/Foul smelling drainage from the ear.
- Redness in the ear area.
- Temperature over 101.5 degrees on 2 consecutive readings.

Patient or Caregiver Signature: \_\_\_\_\_

Date: \_\_\_\_\_