Discharge Instructions – Cochlear Implant

Please Read and Follow These Instructions for the Best Outcomes Following Your Surgery!

FOLLOWING SURGERY:
• Remove outer dressing in 24 hours.
• There should be no bleeding from the ear canal unless tubes in ear drum. In which case bleeding is expected and normal. Use cotton ball to catch drainage. This will resolve in 3-5 days.
• May shower in 48 hours.
• Call immediately if any pus from ear canal or incision, concern of ear infection
  • Appropriate numbers are on second page.

ACTIVITY:
• Minimize your activities
  • Listen to your body! If you feel tired over the first few days, you should rest.
  • Light aerobics are okay after 1 week. May resume full aerobic activity at 2 weeks.
• No heavy lifting > 2 bags of groceries for the first 2 weeks.

MEDICATIONS:
• Resume your home medications.
• Do not take any aspirin containing products or blood thinners (Goody’s, BC Powder or Bayer aspirin) until told to by your surgeon.
• Pain:
  • Take pain medication as needed.
    • NEVER DRIVE A VEHICLE OR OPERATE HEAVY MACHINERY WHEN TAKING PRESCRIPTION PAIN MEDICINE

DRIVING:
• Do not drive within 24 hours of receiving anesthesia or taking pain medication.
• DO NOT DRIVE WHILE TAKING PRESCRIPTION PAIN MEDICATION.

DIET:
• Resume a healthy, balanced, normal diet as you feel up to it.

FOLLOW UP:
• You will have important follow-up appointments
• First visit in 1 week, again at 4 weeks, and activation of implant typically at 2-4 weeks (scheduled with audiology).
**POST-OP APPOINTMENTS:**
- **Dr. Kevin Brown** call Ali at 984.974.3645
- **Dr. Harold Pillsbury** call Phyllis at 984.974.3644

**CLINICAL APPOINTMENTS:**
- **Dr. Kevin Brown** call Shanta at 984.974.3655
- **Dr. Harold Pillsbury** call Sonia at 919.966.3709

**CALL OUR OFFICE OR GO TO THE EMERGENCY ROOM IMMEDIATELY IF YOU HAVE:**
- Any vision problems/changes
- Fever over 101.4
- Neck Stiffness
- Heavy or prolonged bright red bleeding from the incisions

**For Immediate Assistance call:**
- Regular Hours - 984.974.3409 (Triage Nurse)
- After Hours - 984.974.1000 (Ask for the Ear, Nose & Throat - ENT - doctor on call)

**To leave a voicemail for your surgeon’s nurse call:**
- **Dr. Kevin Brown** - 984.974.3519 (BJ)
- **Dr. Harold Pillsbury** - 984.974.3518 (Kathy)