



UNC

DEPARTMENT OF OTOLARYNGOLOGY/
HEAD AND NECK SURGERY

DIVISION OF NEURO-OTOLOGY &
SKULL BASE SURGERY

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)