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## **Postoperative instructions Cochlear Implant**

### **Precautions**

1. Keep your head elevated with several pillows when lying down for 2 weeks following surgery.
2. Do not blow your nose until your doctor has told you that your ear is healed. Any accumulated secretions in the nose may be drawn back into the throat and spit out if desired. The nose may be gently dabbed with tissue paper. This is particularly important if you catch a cold. You should follow this precaution for 4 weeks following surgery.
3. Do not "pop" your ears by holding your nose and blowing air through the Eustachian tube into the ear.
4. Sneeze with your mouth open.
5. Do not allow water to enter your ear until advised by your doctor. The outer cap may be removed 24 hours after surgery. Do not get incision wet X 1 week after surgery.
6. After you have removed the outer cap, paper strip will be noted behind the ear and will be removed at first post op visit. The sutures are dissolvable and will fall out on their own.
7. Follow-up with Dr. Ojo about 1 week after surgery unless directed otherwise. Call the office (201)816-9800 to set up the time.
8. Avoid bending or heavy lifting (over 20 pounds) for three weeks following surgery.
9. You may experience popping, clicking or other sounds in the ear. Your ear may also feel full. Occasional sharp shooting pains are not unusual. At times, it may feel as if there is liquid in your ear.
10. Driving is permitted when you no longer experience dizziness or fatigue and you are no longer taking pain medication. Avoid flying for 3-4 weeks.

### **What might you expect following surgery?**

#### **Dizziness**

Dizziness may occur following surgery. Swelling in the inner ear usually causes this. You may not notice the dizziness until 2-3 days following surgery. This is when the swelling is the greatest. If you are not bleeding, do not have gastric ulcers, and are not allergic to ibuprofen (Motrin, Advil) you may take 2- 200 mg tablets every 4-6 hours. This will help the swelling as well as ease any pain. Avoid sudden movements; stand up slowly.



# ENGLEWOOD EAR NOSE & THROAT

ALLERGY - AUDIOLOGY - FACIAL PLASTICS

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## **Drainage or discharge**

A bloody or watery discharge is expected during the healing process. Call Dr. Ojo's office for a yellow or green discharge or excessive discharge. Discharge with foul odor should also be reported.

## **Pain**

You will be given a prescription for a pain medication, which may be taken for the first several days after surgery. Mild, intermittent ear pain is not unusual during the first 2 weeks after surgery. Pain above or in front of the ear is common when chewing. If you have persistent ear pain not relieved by a regular dose of Tylenol or Advil after the first several days, call your doctor's office.

## **Taste disturbance and dry mouth**

Taste disturbance and dry mouth are common for a few weeks following surgery. In some patients, this can last a few months.

In case of emergency, call the office at (201)816-9800