

## **Pre and Post-Operative Instructions for Adult Cochlear Implantation**

### Pre-Operative

Please discontinue use of all aspirin based products such as Ibuprofen, Motrin, Aleve, Naproxen, Advil, Celebrex, and Vitamin E and fish oil or multivitamin supplements for *3 weeks prior* to surgery. Tylenol may be used.

Do not eat or drink after midnight the night before surgery. This includes gum, mints, candy, water, and ice chips. Do not take medications after midnight unless instructed to do so by your physician.

Do not use styling products in your hair the day before or the day of surgery.

### Post-Operative

Do not plan to drive a car home from the hospital. Air travel is permissible 2 weeks following surgery.

After surgery, you may require some pain medication, and will need to take antibiotics for 7-10 days.

You will have a dressing in place which may be removed with scissors 24 hours after surgery. Any cotton in the ear may also be removed, but the steri-strips behind the ear should be left in place.

You may get your incision wet in the shower after the steri-strips fall off, or after 1 week, whichever comes first. After that, you may shower and shampoo your hair normally, but should not soak the wound under water for at least 3 weeks.

Some swelling or puffiness at the surgery site is normal. Keep your head elevated, and sleep on several pillows to reduce swelling. Your ear may protrude, but will return to its normal position. If you notice progressive redness or swelling, any drainage, or your temperature is above 101 degrees, call our office.

Do not perform strenuous activity, or lift objects heavier than 10 pounds for 2 weeks after surgery.

Do not blow your nose or pop your ears for 4 weeks post-surgery.