



POSTOPERATIVE INSTRUCTIONS

Bone-Anchored Hearing Implant/Osia® System

This instruction sheet is designed to help you care for your ear following surgery and to answer commonly asked questions. Please read the entire sheet carefully.

MEDICATIONS

- Pain medication: This should be taken for break-through pain after taking **TYLENOL®** and ibuprofen for pain control. Take as the label directs. Take a stool softener twice a day as long as you remain on pain medicine. Do not drive while taking prescription pain medicine. Eat when taking pain medicines to avoid nausea.
- Antibiotic: Usually, an antibiotic called cephalexin is prescribed for infection prophylaxis after surgery.
- Home meds: Resume taking them as prescribed. If you're on a blood thinner, ask Dr. Lin when to resume it if you were not directed to.

WOUND CARE

You will also have a pressure dressing placed that looks like an earmuff. You may remove this 24 hours after surgery or continue wearing it at night for comfort.

BATHING

You may shower 48 hours after surgery. Do not allow the stream of water to flow directly on your incision. Pat dry when done. **DO NOT TAKE A BATH UNTIL CLEARED BY YOUR PHYSICIAN.**

DIET

You should resume your normal diet.

ACTIVITY

- Please avoid strenuous exercise and heavy lifting for two weeks after surgery.
- Do not engage in any vigorous physical activity, including sports, until you are seen for your post-op visit. Except for these restrictions, you may return to work or school as your overall condition permits. Do not participate in contact sports/activities that may

lead to head injury for six weeks. Always wear head protection during contact sports going forward.

HOME CARE: THE FIRST FEW DAYS

- You can gently wipe the auricle (outer ear) with a soft cloth or cotton swabs to remove dried blood, but if the ear is tender, this is not necessary.
- Do not bend over for one week after surgery. If you must bend, bend from the knees, not head-first from the hips. This will prevent pressure buildup in the head.
- You may hear a variety of noises in your ear, such as cracking or popping. This is part of the normal hearing process.
- Dizziness or lightheadedness is normal for up to one week after surgery.
- Tinnitus (ringing in the ear) is also noted by some patients.

HOME CARE: AFTER THE FIRST FEW DAYS

- Pain should begin to subside. You may continue taking **TYLENOL** or ibuprofen for relief of mild pain.
- It is normal for the top third of the ear to feel numb; this will take several months to return to normal.

FIRST FOLLOW-UP APPOINTMENT

- Patients usually have a follow-up appointment two to three weeks after surgery.
- Don't be anxious about the first appointment. Dr. Lin will check the incision and make sure you are healing well.
- Your device will be activated with an audiologist if Dr. Lin clears you. It takes four weeks after surgery for the bone to integrate with the device. Thereafter, it can be activated.

CALL OUR OFFICE IF YOU EXPERIENCE

- Increased pain not relieved by prescription medications
- Large amounts of bleeding from the ear area
- Pus/foul-smelling drainage from the incision
- Redness in the ear area
- Temperature over 101 degrees on two consecutive readings
- Severe dizziness
- Stiff neck and/or severe headache

IMPORTANT PHONE NUMBERS

- Please notify a team member or me of any concerns or questions following surgery. Nursing Staff: 518-701-2085

NOTIFY YOUR DOCTOR OR NURSE IF YOU HAVE ANY OF THE FOLLOWING SIGNS OF A WOUND INFECTION

- More pain around the wound.
- Change in the amount, color and odor of drainage.
- The skin around the wound feels warm or has red streaks.
- The wound separates or opens up.
- You have a temperature greater than 101 degrees.