

BONE ANCHORED HEARING DEVICE

Home Care Instructions

ACTIVITY

- The first few days should be spent resting quietly in bed or on the couch. You may be drowsy and uncoordinated from the anesthesia and pain medications, so be sure to protect yourself from injury.
- You will require constant supervision for the next 24 hours by a responsible adult.
- **No driving, making legal decisions or operating hazardous equipment for the next 24 hours and any time while you are taking prescription pain medications.**
- No strenuous activity, heavy lifting or straining for **two weeks**.
- Do not get hair wet for one week; use a shower cap. May shower but keep surgical site clean and dry.
- Do not lay on your surgical ear for **four weeks**.
- Your hearing device is MRI compatible. You will receive a card to carry in your wallet.

DIET

- Begin with clear liquids such as apple juice, popsicles and water. Advance diet as tolerated.

DRESSING

- You will have a head bandage in place for the first 24 hours.
- Avoid any movement of the bandage during this time.
- You may **remove the head bandage 24 hours after surgery**. Under the bandage you will find a foam pad in place around your pedestal along with a plastic healing cap. These are to remain in place until your first post-operative appointment.
- Clean crusts from incision and apply bacitracin ointment for one week after dressing is removed.

PAIN

- **Taking prescribed pain medication around the clock for the first two days is recommended.** Set an alarm clock throughout the night so that pain does not get out of control by morning. Take medication with food to prevent nausea. You may take an OTC stool softener or drink plenty fluids with the addition of fruit juices to prevent constipation.
- You may **CHANGE** to Tylenol after a few days if doing well, but **DO NOT** take Additional Tylenol with your prescription.
- Avoid Ibuprofen (Motrin and Advil) and Aspirin due to the increased risk of bleeding.

YOUR NEXT DOSE OF _____ CAN BE GIVEN AT _____ TODAY.

WHEN TO CALL YOUR DOCTOR (CALL 208-336-4368 TO REACH YOUR PHYSICIAN)

- A fever of 101 degrees for more than 24 hours.
- Pain that is not controlled by your prescription pain medication.
- Persistent nausea and vomiting lasting more than 24 hours.
- Signs of infection in your incision, such as yellow drainage, redness and swelling.

WHEN TO GO TO THE EMERGENCY ROOM

- If you have difficulty breathing or shortness of breath.
- Uncontrollable bright red bleeding from your incision.
- If you are unable to reach your physician and need help.