



Ear Center: Postoperative Instructions for Esteem™ Sound Processor Battery Replacement

Phone: 336-273-9932

Website: www.earcentergreensboro.com/

General

1. You may feel tired or slightly weak following the procedure. It is recommended that you limit your physical activity for the next 24 hours. Please rest as much as possible for the remainder of today and tonight.
2. No strenuous activity should be started without your doctor's permission. Avoid heavy lifting or straining > 20 lbs. for the next week. Avoid heavy exercise and jogging for one week.
3. You may have some minor bleeding or drainage from the incision behind your ear. Report any excessive bleeding, drainage, or swelling to your doctor.
4. Please leave your Glasscock ear dressing on until the morning after your procedure. Keep it clean and dry. The Velcro® straps should be loose fitting so as not to apply any pressure to your ear or forehead. In the morning, remove the plastic cup and all of the telfa/cotton padding from around your ear. Gently clean around your ear with hydrogen peroxide. Apply a thin layer of antibiotic ointment to the incision line.
5. You may experience some pain following the procedure. Report any severe pain to your doctor that is not relieved by the pain medication that was prescribed for you.
6. Avoid putting pressure or straining the incision area or sutures. For three nights, sleep with an extra pillow to elevate your head and decrease swelling.
7. Report any redness, swelling or excess drainage that should develop around the incision site. Some redness is expected immediately around the sutures, especially just before the sutures are scheduled to be removed.
8. When blowing your nose or sneezing, please open your mouth to relieve pressure on your ear.

9. Report any elevation in your temperature of 101 degrees or higher to your doctor, especially during the first night after your operation.

10. Please follow the instructions on the label of any medications that your doctor may have prescribed for you. Do not take any medications that have not been prescribed or recommended by your doctor.

11. You may shower 24 hours following the procedure. Protect the incision area with some plastic and wash your hair "*beauty parlor*" style. Avoid swimming for three weeks.

12. Avoid irritating the incision with a hat or cap or other apparel. Do not place anything tight around your head such as headbands, etc. Avoid laying directly on the incision or implant for one week. Wearing the plastic cup dressing at night for the first week will help protect the incision and implant while you sleep.

13. You may follow your regular diet.

14. Do not operate machinery or a motor vehicle while you are taking pain medications that contain narcotics.

Special Precautions to Decrease Postoperative Infection

1. On days 1, 3, and 5 following your procedure, please bathe and wash your body with soap that contains chlorhexidine.

2. Place **mupirocin** 2% ointment in each nostril twice per day for one week following your procedure. Apply the same ointment to the incision twice per day for one week.

3. Please take any special antibiotics that your doctor has prescribed for you.

4. If a Transderm Scopolamine® patch was placed behind your unoperated ear during your procedure, you may remove it once you arrive home if you do not have any nausea. If you are nauseated, you may remove the patch the following morning. Scopolamine may cause blurred vision and a dry mouth. The symptoms will dissipate once the patch is removed. Wash your hands immediately and thoroughly after you remove the patch. Do not rub your eyes after you remove the patch.

Instructions for Suture Removal (if you do not live in the Greensboro area)

1. Your sutures should be removed 7-10 days following your operation.
2. Please contact your local family doctor or ENT physician and arrange an appointment to have your sutures removed.
3. Please give your physician the following recommended instructions:
 - a. First, prep the suture line with 70% isopropyl alcohol.
 - b. Second, re-prep the suture line with Betadine and permit the Betadine to dry.
 - c. Third, remove the sutures.
 - d. Fourth, re-prep with Betadine and wait for the Betadine to dry.
 - e. Fifth, remove the Betadine with alcohol.
 - f. Sixth, apply a thin layer of mupirocin 2% ointment.
4. Please call 336-273-9932 for any questions.

Questions or concerns:

Should any questions arise or complications develop following your procedure, please contact us at 336-273-9932.

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