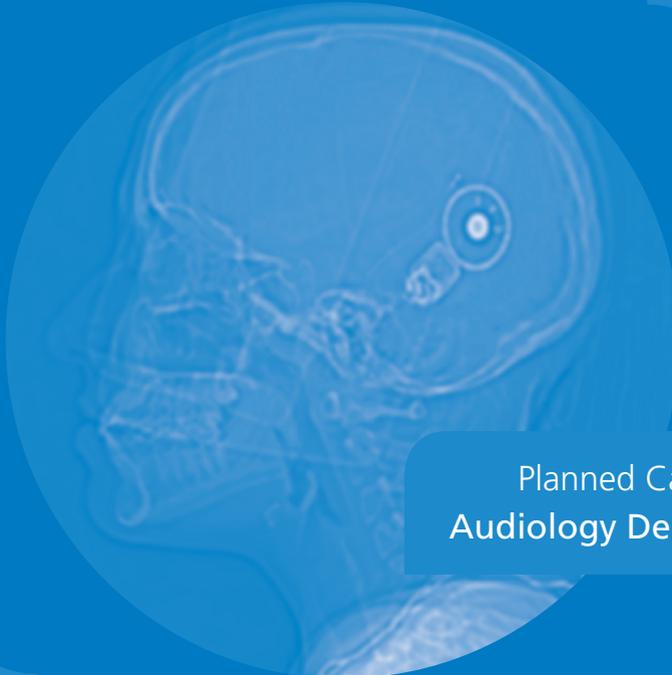


Cochlear implantation surgery

Your discharge

Patient Information



Planned Care Centre
Audiology Department

Introduction

Following cochlear implantation surgery people often have many questions regarding when they can carry out activities and what to do before they are seen again in the cochlear implant department. This leaflet aims to answer as many of those questions as possible. We cannot give an answer for every scenario or situation, therefore, if you have a query that is not covered here please contact us – details can be found on the back cover of this booklet.

What happens next?

- You will have an appointment with the ENT surgeon in one to two weeks
- You will receive your switch on and subsequent audiology and rehabilitation appointments in the post.

What happens if I experience pain / infection?

- Please refer to the pain leaflet issued on discharge
- If you suspect any infection in the implanted side please contact the North East Regional Cochlear Implant Programme (NERCIP) for advice (available 9am – 4.30pm Monday to Friday). You may be asked to attend either The James Cook University Hospital's ENT casualty (10am – 4pm Monday to Friday) or ENT casualty at the Freeman hospital. If it is during out of hours **and you feel it is an emergency** then please attend your local urgent service such as a walk-in centre or Accident and Emergency.

After surgery when can I ... ?	Timescale
Wash my hair	One week
Go swimming* (external must be removed unless you have a waterproof processor)	Six weeks
Return to work – depends upon type of work, your keyworker will have advised you prior to surgery	On average one week
Return to school	On average one week
Fly	Six weeks
Contact sports e.g. boxing, kick boxing, rugby, ice hockey	To be avoided
Vigorous sports e.g. football, netball, hockey, squash	To be discussed with your CI surgeon depending upon progress – any other physical activity please ask surgeon
Gymnastics	
Artificial ski slope	Six weeks
Skydiving / parachuting	Three months
Activity park rides (excluding high speed / extreme force see 'what to avoid' section)	Six months

* Some CI users have balance problems if this is the case they should not swim alone. It is possible to become disorientated under water and they must learn how to identify the direction of the surface. If goggles are worn ensure they are not too tight over the receiver.

These timescales are an average and this can vary between patients. We would always advise to discuss with your ENT cochlear implant surgeon.

What activities must I avoid?

Diving from a diving board – this can cause trauma and put the internal implant at risk.

Rides involving high speeds / extreme forces as this may dislodge the internal implant

Martial arts involving throwing

Must not touch Van der Graaf generator in school science lessons

Must not touch cathode ray tube TV screen (LED/LCD are fine)

Do not touch/crawl under electric fence as may damage internal implant

Toys causing deliberate electric shocks

Note: If working in an environment with high magnetic fields contact NERCIP for advice

What medical treatments must I avoid?

Electrosurgery – including dental surgery

- a) monopolar **never** in head and neck region
- b) bipolar **never** within 2cm of implant

Therapeutic Diathermy – **never** to be used

Ultrasound diathermy is acceptable below head and neck only

Neurostimulation **never** over cochlear implant

Electro-convulsive therapy - **never**

What medical treatments must I avoid? continued

Electric hayfever relievers - **never**

Electrical and electronic medical devices

- a) If electric current may pass through head and neck – **never**
- b) If electric current passes through another area of the body – must check with NERCIP first

For information on medical treatments which can **sometimes** be carried out on someone with a cochlear implant, please see your implant user manual or contact the clinic for further advice.

In most instances, clarification from the NERCIP must be sought prior to this.

They include:

- MRI
- Ultrasound
- TENs machines (pain relief)
- Devices for electronic pain therapy
- Radiotherapy
- Dental treatments eg ultrasonic tooth cleaner
- Electro-acupuncture
- Face lifts and hair transplants

The external part should be removed ...

X-ray

Gamma camera

If experimenting with static electricity in school science lesson

When playing vigorous / contact sports if a knock to the head is a possibility. **Please use a helmet to protect the internal implant****

Gymnastics scrum cap provides some protection

Sailing / canoeing. **Please use a helmet to protect the internal implant****

Swimming – unless waterproof / wearing waterproof aqua accessory

Water sports

Skiing

Activity park rides (excluding high speed / extreme force see 'what to avoid' section)

Sunbeds

Skydiving / parachuting

** Helmets should be of high quality. It will help to protect the implant from any blows. If possible the external equipment should be left on.

It is advisable to try different makes and types to check comfort and fit, it is especially important that it fits around the implant site to reduce pressure on the receiver and scar.

Airport and air travel ...

If travelling alone, please mention to airline staff that you have a hearing loss

When you know you intend to fly, please request the '**Air travel information letter**' from NERCIP

Remove your speech processor and switch it off to walk through the full-body doorframe at the airport security system

The internal part may activate the alarm so you could ask for a hand held scan to be done instead

Please use the disability check-in desk and carry your cochlear implant ID card at all times

Remove your processor during take off / landing and when the '**fasten seatbelt**' sign is illuminated

Follow airline instructions regarding use of electronic devices

Only connect to headphone socket if you have a cable designed for mains powered equipment (not advanced bionics)

This is not an exhaustive list, for further information please refer to your implant user manual or contact the clinic or your implant company for advice.



Comments, compliments, concerns or complaints

South Tees Hospitals NHS Foundation Trust is concerned about the quality of care you receive and strives to maintain high standards of health care.

However we do appreciate that there may be an occasion where you, or your family, feel dissatisfied with the standard of service you receive. Please do not hesitate to tell us about your concerns as this helps us to learn from your experience and to improve services for future patients.

If you require this information in a different format please contact Freephone 0800 0282451

North East Regional Cochlear Implant Programme
South Tees Audiology Department
Telephone / Fax / Minicom: 01642 854068
E-mail: jcu.necip@nhs.net

Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf.

This service is available, and based, at The James Cook University Hospital but also covers the Friarage Hospital in Northallerton, our community hospitals and community health services. Please ask a member of staff for further information.