

Postoperative Ponto Implant Instructions

Dr. Healy - Dr. Keele - Dr. Tubbs - Dr. Ramsey

Contact Information:

- **Glacier Ear Nose and Throat - (406) 752-8330**
 - 9am to 5pm, Monday-Friday
 - After 5 pm and weekends, an "on call" provider is available.
- **The HealthCenter - (406) 751-7550**

When should I call my doctor?

- If I am worried, my doctor is worried! I will call my doctor's office.
- If I have signs of an infection, like a fever above 101.5 degrees, drainage that turns to puss, redness or swelling around incisions or increasing pain in my ear, I will call my doctor.
- If I have a severe head ache or stiff neck, I will call my doctor.
- If I am short of breath, have pain, swelling or cramping in my legs or have chest pain with no activity, I will call my doctor's office.

What should I expect after surgery?

- My ear and around my ear may be numb.

When will I see my doctor?

- I need to have a follow-up appointment with my doctor in 1 week after surgery.
- The hearing aid will be activated in about 6 weeks. This allows time for healing.

What about my pain?

- I will have some discomfort.
- I may use over the counter Ibuprofen or Tylenol.
- I may be given a prescription for narcotic pain medication if Ibuprofen and Tylenol is not enough.
 - I will not take extra Tylenol if I am taking Norco, Lortab or Percocet because they have Tylenol in it.
 - I will not drive if I am taking narcotic pain medication.
 - Narcotic pain medication may cause constipation. I will drink extra fluids and I may need a stool softener.
- I will follow pain medication instructions given by my nurse or pharmacist.

How do I care for my surgical site?

- I will remove my Velcro dressing after 1 or 2 days.
- I will leave the protective cap and yellow dressing in place until my first post-operative appointment.
- I will not wash my hair for 2 days. I may take a tub bath during this time.
- I may have incisions around my ear canal or behind my ear.
 - My incisions may develop crusted blood or the cotton balls may stick.
 - I may clean the incisions with diluted hydrogen peroxide and put a thin coat of Vaseline or antibiotic ointment (like Bacitracin) on 2 times a day.
- I will not put Q-tips or anything deep in my ear.

What about activity?

- I will sleep with my head elevated on pillows or in a recliner for 2 - 3 days after surgery.
- I will avoid anybody with a cold.
- I will avoid straining, bending or quick head movements that may cause dizziness.
- I may not fly, swim or dive until my doctor says I can.

THE HEALTHCENTER

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