

The Cochlear™ Nucleus® System

Your Guide to Preparing for Surgery

David W. - Cochlear Nucleus® recipient

Hear now. And always



Cochlear®

We know that getting a cochlear implant is an important decision that can greatly affect how you live your life and engage with others. We have provided more than 550,000 implantable devices, helping people of all ages to lead full and active lives.

As the leading global expert in implantable hearing solutions, Cochlear is dedicated to bringing the gift of sound to people all over the world. You can count on us to be here for you with our customer support team and resources. We are committed to supporting and providing you a lifetime of better hearing with access to the latest and most advanced future technology.

We understand you may have questions and concerns as you get ready for a life with the Cochlear™ Nucleus® Implant System. As you prepare for surgery and hearing with your Cochlear implant, we would like to guide you through what to expect.



01 Preparing for Surgery

As you anticipate and prepare for your cochlear implant surgery, you may experience a range of emotions. To help you, we would like to ensure you have the information you need to know for surgery.

The cochlear implant procedure is typically a same day, outpatient procedure. The procedure is considered fairly routine and safe, but, as with any surgery, there are risks. Your surgeon and medical team will conduct a pre-surgical examination to ensure you are healthy for the procedure. You should tell your medical team about any medications you are taking and talk to them about concerns you may have. You should also ensure you are up-to-date on appropriate vaccinations.

In addition to talking to your surgeon and medical team about the surgery and what to expect, you may also want to talk to a recipient who has a cochlear implant and can share their experience with you.

Visit www.Cochlear.com/US/Connect-with-a-Mentor

Support Person At the Hospital

We recommend you have someone at the hospital on the day of surgery to support you and help you to communicate. If you use a hearing aid, there may be times when you are not able to use it. There may also be times when the surgical team members are talking to you with masks covering their mouths, making it difficult if you rely on lip-reading. Your medical team knows you will have difficulty communicating in these situations. Having a support person there can help you to communicate and ease any anxieties you may have as you wait for your procedure.

Support Getting Home

You will need someone to drive you home after surgery. We recommend they help get you settled in at home, ensure any prescriptions you may have received are filled, and help you get started on your recovery instructions.

“I honestly consider this (cochlear implant surgery) now a fairly minor operation. It’s outpatient. You come in, have it done and go home the same day.”

Dr. Kelsall - Cochlear implant surgeon

Preparing for Surgery Checklist

- Ask for a tour of the surgery center, pre-operative area and patient waiting area.
- Arrange to have a support person drive you to the hospital and take you home after surgery.
- Wear slip-on shoes so you do not need to bend over.
- Wear comfortable clothing and a button up shirt so you do not need to pull anything over your head and bandaged area.
- If you wear glasses, you may want to remove the arm on the incision side so you can wear them after surgery without touching your incision site.
- If you take prescription medication, discuss with your medical team what you should take on the day of surgery.
- Pack a few items to ensure you have a comfortable car ride home – water and crackers for possible sensitive stomach, soft pillows and a small blanket.
- Bring a charger for mobile devices in case you are at the surgery center for longer than expected.
- If you have any questions or concerns about your upcoming surgery, don't hesitate to contact your medical team.

Post Surgery Checklist

- Prepare some soft food meals to eat after surgery in case your jaw or stomach is sensitive. Examples may include yogurt, soup, jello, popsicles, ice cream, scrambled eggs or protein shakes.
- Prepare the place where you will be resting when you return home. Sleeping with your head elevated is sometimes suggested to help alleviate swelling.
- For some patients that have balance issues after surgery, it may be helpful to not lay down flat or stand up quickly. If you do have balance issues, take extra precautions so you don't fall.
- Take any prescription medications according to the instructions. Consult with your medical team on any possible side effects.
- Refer to your doctor for questions on taking a shower and getting your incision site wet as well as returning to other normal activities.
- If you have any questions or concerns about your surgery once you are at home, don't hesitate to call your medical team.

02 Surgery Day

Surgery day is here. As with any surgery, you will probably be feeling nervous, hopeful and excited. Just remember—cochlear implant surgery is relatively simple.

When you arrive at your surgery center, you will typically register, change into a gown and get prepped for surgery. The surgery usually lasts around two hours per ear, with additional time in the preparation and recovery areas. While you are in surgery, your support person and family can choose to wait in the waiting area.

The Surgery

1. During the operation, a small incision is made behind the ear. A small area of hair may be shaved away from the incision site.
2. The internal device, called the implant, is placed under the skin.
3. A small opening is then made in the mastoid bone, followed by a tiny hole in the cochlea. The electrode array is inserted into the cochlea.
4. The surgical team may test the implant to ensure it is working properly.
5. The surgeon closes the incision and comes out of the operating room to update the family.

Waking Up

After surgery, you will be brought into a recovery room until the anesthesia has worn off. This may take a few hours. As it wears off, you may feel groggy and nauseous from the anesthesia. You may feel some soreness and tenderness from the incision and surgery. Your support person will be allowed to be with you once again.

“The surgery went really, really well. I went home the same day and back to work after a few days. I felt really good.”

Deb A. - Cochlear implant recipient

03 After Surgery

Most people will go home the same day as their surgery. Depending on your medical history and your surgeon's preference, you may stay overnight for observation.

Your head will likely be wrapped in a bandage to protect the incision site. You will be given instructions on how to care for your bandage and incision site, along with medication prescriptions and possible activity restrictions. Once you take the bandage off, you may have some swelling around the incision site and possibly the side of your face. After the incision behind the ear heals and swelling disappears, a slightly raised bump may remain where the implant has been placed. This area is typically covered by hair.

Recovery Time

Recovery from surgery typically occurs relatively quickly. The implant will be turned on once the incision site heals, which is generally after about three to four weeks. Most are back to their normal routine in a couple days and return to work one to two weeks after surgery. Most doctors advise against lifting even moderately heavy weights in the days right after surgery. Your surgeon will make specific recommendations regarding your post-operative care. Your surgeon will likely require you to schedule a post-operation appointment to check on your incision and progress.

Waiting for Activation

You will need to schedule your activation appointment with your audiologist. Typically, your surgeon will require a recovery period of three to four weeks prior to your activation. If you were using two hearing aids prior to surgery, your surgeon may recommend that you continue to use your hearing aid on your non implanted ear. During this time, you may feel anxious and excited as you wait to hear for the first time with your Nucleus Cochlear Implant. As you wait, many find it helpful to connect with others who have been through your same experience.

Visit www.Cochlear.com/US/Connect-with-a-Mentor

Activation Day

To help ease anxiety on activation day, be sure to get a good night of sleep and arrive at your appointment on time. At your appointment, your audiologist will walk you through the components of the sound processor and possibly some of the accessories. Your audiologist will also map your sound processor. You will start by listening to a series of beeps and then finally the voices of your audiologist and loved ones with you. Don't worry if you can't hear clearly right away. It can take days or weeks of practice for your brain to adjust and understand the sounds you have been missing. Remember, your new hearing technology does not amplify sound like a hearing aid—it delivers sound in a new way.

As you begin to explore your new world of sound, we're here to provide the tools and resources you may need along the way. We encourage you to create your Cochlear universal login and password in order to access Cochlear related applications, support information and resources for Cochlear Implant recipients.

Visit www.Cochlear.com/US/Family

Hearing Therapy

Over the next few weeks and months, practice and patience will be critical to your hearing progress and success. You will need to practice listening and speaking as much as possible. Please keep in mind that progress may take some time, but persistence and consistency can help a great deal, and we provide resources to help you along the way!

Visit www.Cochlear.com/US/Communication-Corner

You're **NOT ALONE** in this Journey...

We're here with you every step of the way. Our Customer Support Services are available to you throughout your entire experience.

Now you are part of the Cochlear Family. Activating your account to the Cochlear Family provides you with personalized benefits that help you get the most from your Cochlear implant. You'll learn about the latest from Cochlear, get tips from hearing experts, and connect with others to share experiences.

Visit Cochlear Family www.Cochlear.com/US/Family

Thank you for trusting your hearing to Cochlear. We are here to support you as you experience a whole new world of sound.



Hear now. And always

As the global leader in implantable hearing solutions, Cochlear is dedicated to helping people with moderate to profound hearing loss experience a life full of hearing. We have provided more than 550,000 implantable devices, helping people of all ages to hear and connect with life's opportunities.

We aim to give people the best lifelong hearing experience and access to innovative future technologies. We have the industry's best clinical, research and support networks.

That's why more people choose Cochlear than any other hearing implant company.

Please seek advice from your health professional about treatments for hearing loss. Outcomes may vary, and your health professional will advise you about the factors which could affect your outcome. Always read the instructions for use. Not all products are available in all countries. Please contact your local Cochlear representative for product information.

Views expressed are those of the individual. Consult your health professional to determine if you are a candidate for Cochlear technology.

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Materials featuring health care professionals are not intended as an endorsement or recommendation of any particular provider or service.

As your partner for a lifetime of better hearing, Cochlear believes it is important that you understand not only the benefits, but also the potential risks associated with any cochlear implant or hybrid implant.

You should talk to your hearing healthcare provider about who is a candidate for a cochlear implant or a hybrid implant. Before any surgery, it is important to talk to your doctor about CDC guidelines for pre-surgical vaccinations. Cochlear implants and hybrid implants are contraindicated for patients with lesions of the auditory nerve, active ear infections or active disease of the middle ear.

Cochlear implantation and hybrid implantation are surgical procedures, and carry with them the risks typical of surgery. You may lose residual hearing in the implanted ear. Electrical stimulation may result in some side effects, including ringing in the ear, stimulation of the facial nerve; in rare cases this may cause pain. Though rare, it is possible that additional surgery may be required at some point to resolve complications with a cochlear implant or hybrid implant. Information contained in this document is provided as a guide only, and does not constitute medical advice from Cochlear. Please consult with your health care provider for all applicable medical questions.

For complete information about risks and benefits of cochlear implantation, please refer to the Nucleus Package Insert available at www.Cochlear.com/US/NucleusIndications

www.Cochlear.com/US

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