



## Cochlear™ Bone Conduction Solutions

Your guide to  
preparing for surgery

Congratulations on making a life-changing decision to get back the sounds you’ve been missing. We know that getting an implantable bone conduction solution can be an important decision that can greatly affect how you live your life and engage with others. We have provided more than 600,000 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 as you get ready for a life with a Cochlear bone conduction solution. As you prepare for surgery and your new hearing experience, we would like to provide information on what to expect.

“The procedure was actually very easy. You’re in and out within a day and I was back to work within a few days.”

Anne – Baha Recipient

# Step 1 – Preparing for surgery

As you anticipate and prepare for your surgery, you may experience a range of emotions. To help put you at ease, here are some things you need to know for surgery.

A bone conduction implant procedure is typically a same day, outpatient procedure. 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 other health conditions, 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 Cochlear Mentor who has a bone conduction solution and can share their experience with you.

[www.cochlear.com/us/connect-with-a-mentor](http://www.cochlear.com/us/connect-with-a-mentor)

## Have a supportive person with you

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 may or may not know you may have difficulty communicating in these situations, feel free to remind them. Having a support person there can help you to communicate and ease any anxieties you may have as you wait for your procedure.

## Support returning home

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

## 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.



Chris – Osia recipient

## 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.

## Step 2 – Surgery day

As with any surgery, you will probably be feeling nervous, hopeful and excited. Just remember that the surgery is relatively simple.

Once you arrive at the surgery center or hospital, you may need to register and fill out paperwork. After that, you will have to change into a gown and get prepped for surgery. The surgery generally takes about an hour, with additional time in the preparation and recovery areas.

### 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. A tiny hole, is drilled in the bone behind the ear and the titanium implant is inserted into the bone.
3. Osia® System: The internal transducer is attached to the implant, which is all placed under the skin.  
  
Baha® System: For the Baha Connect System, the abutment (connection between the implant and sound processor) is attached to the implant. For the Baha Attract System, the internal magnet is attached securely to the implant.
4. The surgeon closes the incision and applies a bandage or healing cap over the wound.
5. The medical team will typically come out of the operating room to update the family.

### Waking up

After surgery, you will be brought into a recovery room. If you underwent general anesthesia, you may feel groggy and nauseous when you wake up. You might experience soreness or tenderness around the incision site.

## Step 3 – After surgery

Most people will go home the same day as their surgery.

When going home, 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 have permission from your provider to take the bandage off, you may have some swelling around the incision site and possibly the side of your face.

### Recovery time

Recovery from surgery typically occurs relatively quickly. Most people are back to their normal routine within a few days. Some doctors advise against lifting moderately heavy weights following the days after your surgery. Your surgeon will make specific recommendations regarding your post-operative care and you will likely need to schedule a follow-up appointment so they can check your incision and sure everything is healing correctly.

### Waiting for your fitting appointment

You will need to schedule your fitting appointment with your audiologist. Depending on which bone conduction system you have, a full recovery is about 4 to 12 weeks. As you wait, you might want to consider connecting with others who have been through your same experience.

Visit [www.cochlear.com/us/connect-with-a-mentor](https://www.cochlear.com/us/connect-with-a-mentor)

### Fitting

At your appointment, your audiologist will walk you through the components of the sound processor and possibly some of the accessories. The audiologist will fine tune your settings on your sound processor. You will start by listening to a series of beeps and then finally the voices of the audiologist and loved ones with you. Your brain may need time to adjust, or you may begin to recognize the sounds you had been missing. You may find that some sounds may be louder than others, this is expected but make sure to let your audiologist know if you are uncomfortable.

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 Family account in order to access Cochlear related applications, support information and resources for Cochlear bone conduction solution recipients.

# 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 bone conduction implant system. 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](https://www.cochlear.com/us/family)**



Bella – Baha recipient

# 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 600,000 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 collaborate with leading clinical, research and support networks.

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

As your patient's partner in hearing for life, Cochlear believes it is important to convey not only the benefits, but also the potential risks associated with a Baha procedure. Not everyone with hearing loss is a candidate for a Baha System. The Baha System is contraindicated in patients with inadequate bone quality or quantity to provide stability and support for the implant, or in patients who will be unable to maintain and clean the skin around the abutment. In the U.S., use of the implanted fixture is also contraindicated in children under age 5 years.

All surgical procedures include an element of risk, and it is impossible to guarantee success. The device may fail to osseointegrate for a number of reasons, including physiological and surgical issues as well as traumatic impact to the implant site. On rare occasions the skin around the abutment may become inflamed from a mild infection or the skin may grow back towards its original thickness. For complete information regarding the risks and benefits of a Baha procedure, please refer to the Instructions for use for the Baha Implant available at <https://www.cochlear.com/us/en/professionals/products-and-candidacy/product-guides-and-order-forms/baha>.

As your partner in hearing for life, Cochlear believes it is important that you understand not only the benefits, but also the potential risks associated with an Osia System implantation procedure. You should talk to your hearing healthcare provider about who is a candidate for the Osia System. Before any surgery, it is important to talk to your doctor about CDC guidelines for pre-surgical vaccinations. The Osia 2 System is contraindicated for patients with:

- Insufficient bone quality or quantity to support implantation of both the BI300 Implant and the OSI200 Implant
- Chronic or non-revisable vestibular or balance disorders that could prevent benefit from the device, as determined by good clinical judgment
- Abnormally progressive hearing loss
- Evidence that hearing loss is bilateral retrocochlear or bilateral central origin
- Evidence of conditions that would prevent good speech recognition potential as determined by good clinical judgment
- Skin or scalp conditions that may preclude attachment of the Sound Processor or that may interfere with the use of the Sound Processor

Osia System implantation is a surgical procedure that carries with it the risks typical of surgery. All surgical procedures include an element of risk, and it is impossible to guarantee success. The device may fail to osseointegrate for a number of reasons, including physiological and surgical issues, as well as traumatic impact to the implant site.

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

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.

In the United States, the Osia 2 System is cleared for children ages twelve and older. In Canada, the Osia 2 System is approved for ages five and older.

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Cochlear Sound Processors are compatible with Apple and Android devices. Cochlear Smart Apps are available on App Store and Google Play. For compatibility information visit [www.cochlear.com/compatibility](http://www.cochlear.com/compatibility).

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**Cochlear Americas**  
10350 Park Meadows Drive  
Lone Tree, CO 80124 USA  
Telephone: 303 790 9010  
Support: 800 483 3123

**Cochlear Canada Inc.**  
2500-120 Adelaide Street West  
Toronto, ON M5H 1T1 Canada  
Support: 800 483 3123

[www.cochlear.com/us](http://www.cochlear.com/us)



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