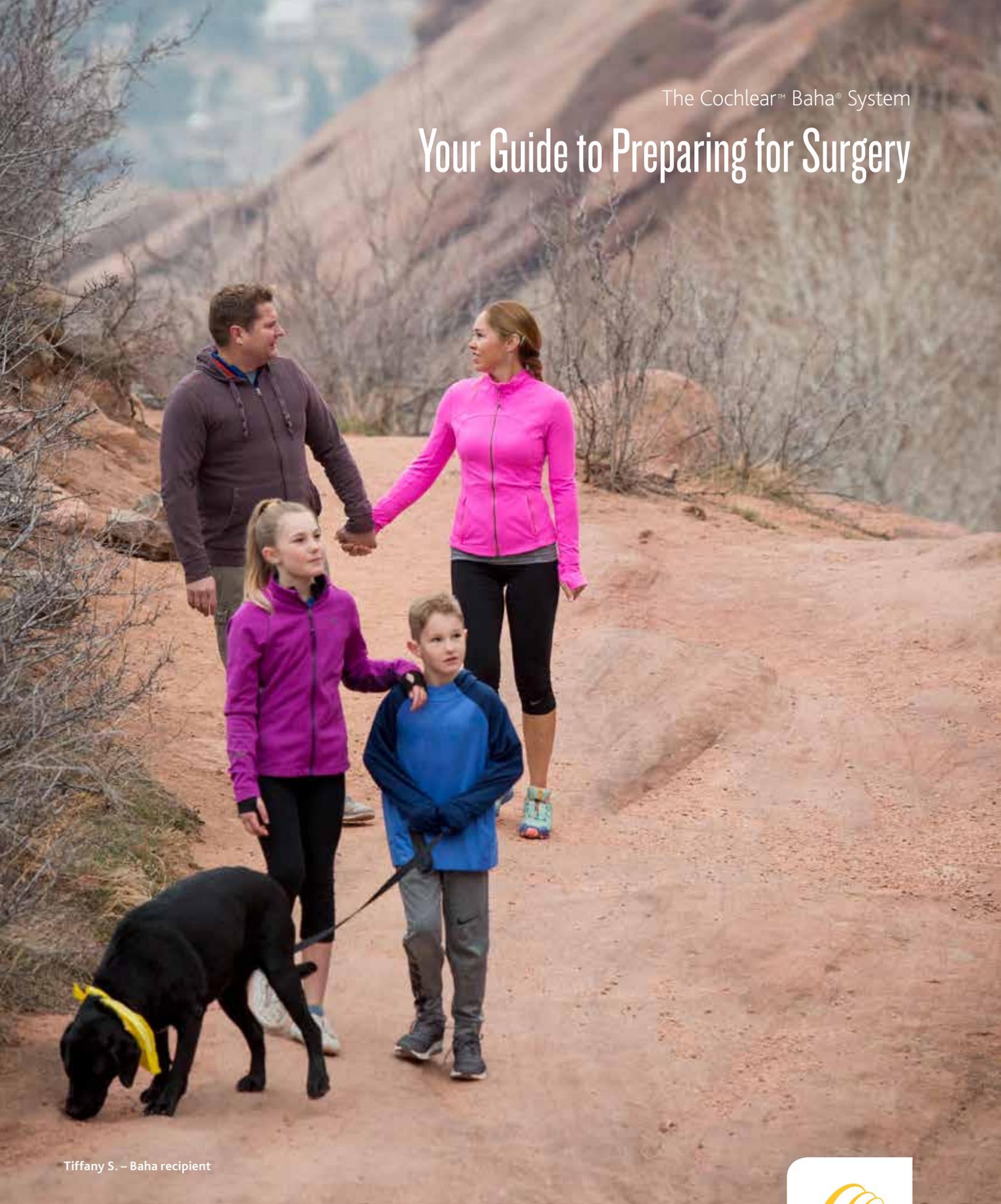


The Cochlear™ Baha® System

# Your Guide to Preparing for Surgery



Tiffany S. – Baha recipient

*Hear now. And always*



Cochlear®





**Congratulations on making a life-changing decision to get back the sounds you've been missing with a Cochlear Baha implant!** We know this is an important decision that can wonderfully affect how you live your life and the way you engage with others. We are excited that you will be joining over 450,000 people who have trusted their hearing to Cochlear.

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 each and every day with our customer support team and resources. We are committed to supporting you 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 a Cochlear Baha implant. As you prepare for surgery and hearing with a Baha bone conduction implant, we would like to guide you through what to expect.

# Step I – Preparing for Surgery

## 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, please consult with your doctor for wearing options. 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.

As you anticipate and prepare for your Baha implant surgery, you may experience a range of emotions. To help put you at ease, here is everything you need to know for surgery.

The Baha 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 Volunteer who has a bone conduction implant and can share their experience with you.

## 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 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 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 are filled and help you get started on your recovery instructions.

Connect with a Volunteer

[www.Cochlear.com/US/CochlearConnections](http://www.Cochlear.com/US/CochlearConnections)

# Step 2 – Surgery Day

Surgery day is here. As with any surgery, you will probably be feeling nervous, hopeful and excited. Just remember, Baha 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 generally takes less than an hour, 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. A tiny hole, is drilled in the bone behind the ear and the titanium implant is inserted into the bone.
3. Baha® Attract System: The internal magnet is attached securely to the implant.  
Baha Connect System: In most cases, the abutment (connection between the implant and sound processor) is inserted at the same time as the implant.
4. The surgeon closes the incision and applies a bandage over the wound.  
Baha Connect System: The surgeon will also attach a healing cap to the abutment to further protect the incision site.
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 may feel some soreness and tenderness from the incision and surgery. Your support person will be allowed to be with you once again.

## Post Surgery Checklist

- Prepare soft food meals to eat just 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 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, be careful so you don't fall.
- Take any prescription pain medications according to the instructions. Consult with your medical team on any possible side effects.
- If you have any questions or concerns about your surgery once you are at home, don't hesitate to call your medical team.

# Step 3 – After Surgery

“The surgery was absolutely nothing. I think when I heard the word ‘surgery’, I just got nervous.”

Andria L. —Baha Recipient

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

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 activities within a few days. Depending on the guidance from your medical team, you may want to take time off from work or activities for up to a week following the surgery to allow yourself time to adapt and the incision site to heal. 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 and will require you to schedule a follow-up appointment to check on your incision and progress.

## Fitting

The moment you've been waiting for! You will need to schedule an appointment with your audiologist. Typically, your surgeon will require a recovery period of up to twelve weeks prior to your activation. During this time, you may feel anxious and excited as you wait to hear for the first time with your Baha Implant. As you wait, many find it helpful to connect with others who have been through your same experience. Visit Cochlear Connections to talk to a Cochlear Volunteer who has a Baha implant and can share their experience with you.

To help ease anxiety on fitting 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. 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. Take in the voices of your loved ones who are with you at your appointment. Enjoy the simple click of the car blinker on the way home or the rain as it hits the windshield. 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.

Connect with a Volunteer

[www.Cochlear.com/US/CochlearConnections](http://www.Cochlear.com/US/CochlearConnections)

# You're Not Alone in This Journey...

We're here with you every step of the way. And before long, you'll be hearing better than you ever thought possible. Our Customer Support Services can help you make sure of it.

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

Register your Baha Sound Processor today to stay connected with Cochlear at [www.Cochlear.com/US/BahaReg](http://www.Cochlear.com/US/BahaReg)

Cochlear Family  
[www.Cochlear.com/US/Family](http://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.

Deb B. – Baha recipient

# Hear now. And always

As the global leader in implantable hearing solutions, Cochlear is dedicated to bringing the gift of sound to people with moderate to profound hearing loss. We have helped over 450,000 people of all ages live full and active lives by reconnecting them with family, friends and community.

We aim to give our recipients the best lifelong hearing experience and access to innovative future technologies. For our professional partners, we offer the industry's largest 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 [www.Cochlear.com/US/BahaIndications](http://www.Cochlear.com/US/BahaIndications)

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Views expressed by Cochlear recipients are those of the individual. Consult your hearing health provider to determine if you are a candidate for Cochlear technology. Outcomes and results may vary.

[www.Cochlear.com/US](http://www.Cochlear.com/US)

Follow us on   

**Cochlear Americas**  
13059 East Peakview Avenue  
Centennial, CO 80111 USA  
Telephone: 1 303 790 9010  
Support: 1 800 483 3123

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



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