

**Lake County ENT/Head & Neck Specialists**  
**Phone (847) 662-4442 Fax (847) 662-4446**  
**Baha Postoperative Instructions**

**General:** Baha surgery is done for single sided deafness and conductive/mixed hearing loss. This is an outpatient surgery that usually takes about an hour. It is usually done under general anesthesia. You should avoid non-steroidal anti-inflammatory drugs (NSAIDS) such as aspirin, ibuprofen, naproxen (Excedrin, Motrin, Naprosyn, Advil) for 10 days prior to the surgery. These drugs are mild blood thinners and will increase your chances of bleeding.

**Diet:** You may have liquids by mouth once you have awakened from anesthesia. If you tolerate the liquids without significant nausea or vomiting then you may take solid foods without restrictions.

**Pain control:** Patients report mild to moderate pain for a few days following Baha surgery. This is usually well controlled with prescription strength oral pain medications (Vicodin) or over-the-counter Tylenol. You should avoid non-steroidal anti-inflammatory drugs (NSAIDS) such as aspirin, ibuprofen, naproxen (Excedrin, Motrin, Naprosyn, Advil) because these drugs are mild blood thinners and will increase your chances of bleeding.

**Activity:** No heavy lifting or straining for 2 weeks following the surgery. You should plan for 5-7 days away from work. If your job requires manual labor, lifting or straining then you should be out of work for 2 weeks or limited to light duty until the 2 week mark. Walking and other light activities are encouraged after the first 24 hours.

**Wound care following the surgery:** A wound care instruction packet will be given to you on the day of surgery. A large dressing will be placed that will be removed in our office.