

# Thinking about cochlear implants?

Here's a quick summary of things to consider:

## 1. Speak to others who have a shared experience:

Our AB Community is a group of dedicated volunteers who have all received a cochlear implant and are happy to share their experiences with you.

Find your local mentor on [www.HearingJourney.com](http://www.HearingJourney.com) or email [hear-uk@advancedbionics.com](mailto:hear-uk@advancedbionics.com)



## 2. CI Considerations and planning:

Are you ready to take this next step towards better hearing?  
What do you want cochlear implantation to achieve?  
Have you talked with family/friends/carers - what would it mean to them?  
Visit our support page for more information;  
[www.advancedbionics.com/uk/en/home/support](http://www.advancedbionics.com/uk/en/home/support).

## 3. Preparation and testing for CI eligibility:

Listening practice is key. Access our free online resources at [www.HearingSuccess.com](http://www.HearingSuccess.com) and use SoundSuccess™. Using these same resources before and after implantation will help your brain get used to sound.

Discuss with your local hearing health care provider:

Does your hearing loss meet current cochlear implant criteria?

Are you using the right hearing aid and assistive listening technology?

Are there local listening / lipreading practice support groups?



## 4. Surgery day preparations:

Inform your family/friends and your workplace of the proposed surgery date.

Speak to others who have already had this experience.

Connect with a mentor on [www.HearingJourney.com](http://www.HearingJourney.com).

Consult with your CI Team and Surgeon: make a list of your questions so you don't forget to ask them.

## 5. Recovery after surgery:

Soft pillow for the journey home and when sleeping.

Soft foods for the first few days.

Wearing Glasses? Consider temporarily removing one temple (arm) from your glasses.

Follow all instructions and advice from the hospital and CI Team.



## 6. Switch on and learning:

Speak to others and find out what to expect.

Don't expect to hear instantly, you will adjust to the sounds gradually.

Follow the advice of your CI Audiologist and Rehab Therapist.

Practice listening in as many different environments as possible. Visit [www.HearingSuccess.com](http://www.HearingSuccess.com) and use relevant apps: myHearingGuide

## 7. Looking after your CI:

Use relevant apps, YouTube Videos and the AB Community to help with troubleshooting.

Apps: AB Remote app

YouTube: [www.youtube.com/advancedbionics](http://www.youtube.com/advancedbionics)

Keep in touch with our mentors in the AB Community or contact us at: [hear-uk@advancedbionics.com](mailto:hear-uk@advancedbionics.com)



## AB Community Social Groups:

*Join Facebook groups for friendly local information and to interact with other users.*

Advanced Bionics UK & Ireland Users Group: [www.facebook.com/groups/106572427383/](http://www.facebook.com/groups/106572427383/)

Manchester and Northwest Cochlear Implant Social Group: [www.facebook.com/groups/manchesterci/](http://www.facebook.com/groups/manchesterci/)

Northern Cochlear Implant Social Group, covering Sheffield and Worksop: [www.facebook.com/groups/143331519683082/](http://www.facebook.com/groups/143331519683082/)

CI High Five UK Support Group, covering Hertfordshire, London, Oxfordshire, Buckinghamshire and Reading: [www.facebook.com/groups/562792997247224/](http://www.facebook.com/groups/562792997247224/)

Cambridge Cochlear Implant Social Group: [www.facebook.com/groups/CACISS](http://www.facebook.com/groups/CACISS)

North East CI and BAHA Social Group: <https://www.facebook.com/groups/539552249825706>

Other local support groups can be found here: [www.nciua.org.uk/about-us/regional-groups/](http://www.nciua.org.uk/about-us/regional-groups/)

And don't forget to keep an eye on our events calendar for events that might be relevant to you; [www.advancedbionics.com/uk-events](http://www.advancedbionics.com/uk-events)