

What to do after Cochlear implant activation

1. Wear the sound processor every day

- Use the sound processor the entire time you are awake, at least 10 hours per day.
- Spend as much time as possible using only the CI, without a hearing aid in the other ear.
- Take the sound processor off for sleeping, showering/bathing/swimming, or any time it has a high chance of being lost or damaged.

2. Spend at least 1 hour each day doing **listening practice**. Be sure to wear only your new CI, without a hearing aid in the other ear.

- Read out loud to yourself;
- Listen to audiobooks while reading along;
- Word Success app;
- Cochlear Copilot app; and/or
- Angel Sounds - <http://angelsound.tigerspeech.com/>

3. Progress through the ____ program settings (optional)

- Each setting is a bit louder than the last one. It is important to get increasing amounts of stimulation when first adapting to the implant.
- Spend about _____ on each program. Refer to the timeline below. If you notice the sound gets too soft, then change to the next one before the designated time.

Program Slot	When to use
P1	/ - /
P2	/ - /
P3	/ - /
P4	/ - /
P5	/ - /

4. Contact us or the cochlear implant manufacturer with any questions or concerns.

- Audiology Email: PSENTAudiology@proliancesurgeons.com
- Audiology Phone: 425-386-5089

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1. To learn more about using your implant, or if you would like help setting up accessories or phone/app connectivity, please contact the Recipient Solutions Manager or Consumer Specialist for your implant company.

- Cochlear Americas –
 - Bethany Watson, bwatson@cochlear.com, www.cclr.me/rsmbethany Or Recipient Services 800-523-5798
- Advanced Bionics –

- AB Success Team, ABSUCCESS@advancedbionics.com, 877-829-0026 and press 8
- Med-EL --
 - Rebecca Ramirez, rebecca.ramirez@medel.com, 984-327-7779