

My Top 5 Must- Have Items To Pack for Cochlear Implant Surgery

[00:00:00] Welcome back to Raising Deaf Kids and congratulations! You made it this far in the process of getting cochlear implants for your child and now you're almost to cochlear implant surgery day. Getting this far is a big milestone, one that was undoubtedly filled with evaluation appointments, a life changing diagnosis, and making decisions about what cochlear company to choose.

You have already come so far in the process and now it's time for the surgery day. Almost every day in the groups that I'm a part of, parents ask what to pack for cochlear implant surgery day and what to expect. So, I want to cover that today to remove some stress off of your plate because I know surgery day is a big day.

So, let's dive into today's podcast about what to pack for your child's cochlear implant surgery.

Hey mama, welcome to Raising Deaf [00:01:00] Kids. Do you want more ease in your daily life? Do you want to help your child learn language faster but have no idea where to start? Do you find yourself searching for how to learn sign language and best ways to practice speech goals? Hey, I'm Elaine. I'm a mom of three littles, two of whom are deaf.

I remember when I received the hearing loss diagnosis for our child, there were so many decisions and information overload. I lacked clarity and confidence and yearned for ease and balance in our lives. It was then that I discovered strategies to support our kids language development at home and I even helped them learn language faster.

I can't wait to share it all with you. So put down that to do list, close out that ASL app for now, and let's get started!

Did you know that I have a free community of women just like you, busy moms who want to help their kids learn language faster [00:02:00] while still getting all of the things done in the house each day. In the community, we share strategies to help our kids learn language faster and lean on each other for encouragement and support in this up and down journey of hearing loss with your kids.

If you haven't found your community yet, then welcome home, mama. Come join us at [facebook.com/group/raisingdeafkids](https://www.facebook.com/group/raisingdeafkids).

Alaine: The big day is almost here. I remember this day with both of my boys so well. The night before each cochlear implant surgery day was almost sleepless, honestly, is I anticipated putting my baby through surgery and, you know, I anticipated what the recovery road ahead would look like, you know, for my child and you know, taking care of a baby.

Alaine: Both of my boys were 11 months old when they got their cochlear implants. So taking care of a baby post surgery, it's a lot to think about. And I have to admit that I was nervous each time to put [00:03:00] my kids under surgery. A feeling of not being in control that you just can't describe unless you've been there.

Alaine: And I remember packing the night before the surgery, trying to make sure we had everything. And you know, it was stressful the second time around, I suppose I was a little bit better and knew what to expect. But, you know, the first time around, I had never been through this before. Neither had my husband or anyone in my family.

Alaine: And, you know, I just didn't know what to expect, didn't know what to take. You know, certainly the Nurses give you like a, you know, pre surgery thing like checklists and stuff, but it doesn't cover everything that you may like, practically need, especially to like, comfort your child after surgery. So I want to go over with you today.

Alaine: The things that I made sure that I needed to have, and that I figured out the [00:04:00] second time around, and I want to help you make sure that you're packing the right things for surgery day, so that you can feel a little bit less overwhelmed, and at least a little bit stressed about one aspect of this big day.

Alaine: So today in the podcast episode, we're going to talk about my top five things to take to cochlear implant surgery day for your kids and for you. And I also want to let you know that I create a whole cochlear implant surgery packing checklist for you. So some of these things that we're going to go over today.

Alaine: And on the packing list, but the packing list has even more items. It has a checklist to make sure you bring everything and on the second page of the checklist that also has common questions to make sure you ask your doctor or the nurse before you take your child home, you know, to make sure you know what you're doing.

Alaine: So go ahead and go click on the show notes and find the link for the cochlear implant [00:05:00] surgery packing list and get that checklist today so that you will have the full checklist of what to take for your kids cochlear implant surgery. Okay, so the first thing on my list, which is a must have for surgery day, is Zippy or Snappy Pajamas.

Alaine: Okay, these official names, Zippy Pajamas or Snappy Pajamas. Maybe more like a robe or button up pajamas if your child is a little bit older. Remember, I But my kids through surgery when they were 11 months old. So they were, you know, still babies. They were still like in onesies and stuff. And we use zippy pajamas or snappy pajamas, but basically you want pajamas or clothes that snap in the front or that zip up or that button up if you have older kids, why do you want these?

Alaine: So you don't have to pull The pajamas and extra clothes over their heads when, you know, you're changing them into their clothes from the surgery [00:06:00] gown, because. Remember, and I know this is kind of like weird to think about but they're having surgery on their head. So their head is sensitive and their head is also going to be wrapped in these big like God's earmuffs.

Alaine: That's what they look like. They look like big God's earmuffs. And that's just to protect the surgery site. And it's fine, but it's a lot to try to pull You know, close over that thing and you don't, you know, they just had surgery on like their head area and you don't want to irritate that anymore. So pajamas zip up snap up or that button in the front for older kids to make sure that you know, you can.

Alaine: Make them comfortable and put them to something other than the surgery robe and I'm pretty sure, I mean, for my kids, we use like Burt's Bees or like Carter's Kids whatever, like Zippy or Snappy pajamas, but, you know, you can just search on Amazon for like kids zip pajamas [00:07:00] or, you know, button front.

Alaine: Pajamas and you can find, you know, a lot of those and just get, you know, one pair for surgery day and maybe two pairs you know, for like the next day back at home too, but that is a must. That is my number one must zippy snappy pajamas or pajamas, the button in the front. Okay. Number two must have item for surgery day is a stuffy or a comfort item.

Alaine: Right, because surgery can be a little scary for kids, and it's nice to have a familiar item, so I would pack, like, you know, whatever will comfort them if they have a favorite stuffy or, you know, blanket, pillow, you know, whatever is

a comfort item. And you can pack it and you can you know, take the item back to the recovery room after they come out of surgery and come out anesthesia.

Alaine: And that can just help them, you know, be more comfortable, have a familiar thing when they're coming out of the anesthesia, which, you know, makes you a little loopy anyway or for especially younger [00:08:00] kids. If they're nervous about, like, going back into the surgery room, although, in my experience, the surgeons who do this, and the nurses are very, very good with the kids.

Alaine: But they can also. Take the comfort item back into the surgery room and then the surgeons or the nurses who close up after the surgery, you know, we'll wheel them back like with the stuffy item. So, you know, whichever you want to do it before surgery or after surgery, but. I just found I didn't think about this for the first time around, but the second time around I did because I just found it kind of like comforted my child more to know that they had something kind of familiar with them after surgery.

Alaine: All right, number three is something that is like really overlooked, but it's a must have for you and your child. And that is a sippy cup for your child if your child is like younger or like water bottle with a straw, if your child is older and a water bottle for you, something to drink [00:09:00] water out of for both of you.

Alaine: Okay. And, you know, it's important to stay hydrated after surgery. And the hospital doesn't really have cups for little kids. They have cups with straws, but they don't have a lot of great options. And sippy cups are always just like a little easier for younger kids to handle and like kind of babies run 11 to 12 months.

Alaine: So I would definitely, you know, try to find, like, a sippy cup, remember that, put it in your bag, and a water bottle for you because you also need to stay hydrated and drink that water. Hospitals are really dry for some reason. I don't know, that's how I feel. So make sure to take that water bottle for you too while you're waiting.

Alaine: The next thing that nobody tells you to bring, but I recommend bringing, and it's on the cochlear implant checking checklist that you can download is toiletry items for you and possibly your child, depending [00:10:00] on how old your child is. Medicines for you. If you take any medicines that you you know, can't skip a day on whatever you need, just in case you need to stay overnight in the hospital.

Alaine: Now, most kids do come home from the hospital the same day as the surgery. However, I will tell you that we elected and our surgeon agreed and they were able to code it so that our insurance paid for our kids to stay overnight in the hospital one night because they were My kids were in a good deal amount of pain.

Alaine: They were young. Like I said, they were 11 months old. And my husband is also a nurse practitioner and he was actually a nurse during this time. So with his medical knowledge and with me just being the knowledge of my, of being a mom and having the knowledge of my kids, we both felt like we wanted to keep them In the hospital, just overnight, one night and make sure that they were getting pain meds around the clock and maybe even [00:11:00] having a little stronger pain meds than just Tylenol and Botrin.

Alaine: And you never know, like I said, most kids go home the same day, but if I were you, I would definitely pack some toiletry items in an overnight bag for you, just in case you need to stay. One night, you shouldn't have to stay more than one night, max, if you do, even, but better to be over prepared than under prepared.

Alaine: I say. All right, the last thing that no one tells you to bring, but you should definitely bring are actually entertainment items for you, like during the surgery and also chargers for your electronics. So I would bring like books. If you like to read books I would download a movie on your laptop or phone or download TV shows or bring something for you to do.

Alaine: And the reason for this is because you need to be able to pass the time and keep your mind off of the surgery. And I didn't really think about this. I think I bought a, brought a book the first time around. And [00:12:00] to be honest. As a parent, it was really hard for me to concentrate on a book while my kid was in surgery.

Alaine: You're just, you know, worried and anxious about it. And I get it because I was too. But so I actually think, like, a movie or TV show is better because it keeps your attention a little bit more. Like, it keeps your mind off. But You are going to be sitting in the hospital waiting on the surgery for at least a few hours.

Alaine: And then, you know, waiting for them to your child to recovery and come out of anesthesia before you can go back and see them. So I would definitely bring something for you as the parent to pass the time and take your

mind off of the surgery. And what's going on with your child while, you know, you're waiting for the surgery time.

Alaine: And bonus, I wanted to throw in a bonus thing here. So bonus thing that I thought about a little bit later was if you have a younger child, make sure you bring a stroller with you or like put it in the car so that you can wheel them out [00:13:00] to the car. And my husband did this, especially if you are like a single parent or you're, there's only going to be like one parent at the hospital to take the child home.

Alaine: And they're, and you're going to need to, like, take your child out of the hospital somehow, and your child's going to have been under anesthesia, going to have had you know, surgery, especially if your child's, like, more like a baby you're going to need to, like, put them in something. You're going to have to stroll to take them out to your car.

Alaine: You know, if your child is older, they can go in a wheelchair, and the nurses will, like, wheel them out to you, but When both of our kids came home from the hospital, I was actually working both of those days. So I was teaching and I went back to work the next day, which was like insane. Now that I think about it, but I just like didn't know.

Alaine: And I was just in. You know, like a weird place, like the whole thing was kind of surreal. So I went back to teaching and went back to work the day after surgery both [00:14:00] times. And my husband was off work and, you know, I felt comfortable with my husband picking them up because he was a nurse. He knew what to do.

Alaine: He knew what to ask the other nurses and the doctors about. But, but he was the single parent going and picking up our child and, you know, taking care of our child post op after the surgery until I got home from work that day. And what really helped him was taking a stroller so that he could wheel, you know, the babies to the car you know, with all the other stuff that's in your bag as well.

Alaine: So, as a bonus, stroller or something to wheel them to the car. And you know, this is a big day for both you and your child, and it's, it's an event that will change the trajectory of your child's life, potentially. I know it's a lot to take in, and you are also not alone in this experience, I want you to know.

Alaine: We've been to the surgery twice with our two children, and we are with you and community to make sure this is the best possible day for you and your [00:15:00] child. So remember, I just want to remind you that I created the

entire cochlear implant surgery checklist for you so that you can pack for surgery day and you can also be prepared for cochlear implant surgery.

Alaine: And I know that you have a lot to think about on this day and emotions are at an all time high. Believe me, I get it. And I want to make it easy on you so you don't forget to take anything important to the hospital. Any parents who are listening to this who have been through cochlear implant surgery, what else would you recommend packing for cochlear implant surgery?

Alaine: If you've been through this before, please help out our parent community. Go join our Facebook community at facebook.com slash group slash raising deaf kids and You know, let us know. I know I've got several parents in there right now getting ready to go through cochlear implant surgery. And, you know, if you've been through it and you're listening, come join our community and, [00:16:00] you know, come encourage the other parents and, you know, help them out with what else you would recommend packing for surgery aid that helped you and your kids.

Alaine: So if you are getting ready for cochlear implant surgery and preparing for this with your child, then I hope this episode today really calms your soul and helps you know some main things to go put in your bag right now, the pack. And as parents, we want the absolute best for our kids. And unfortunately kids, and especially kids with hearing loss, do not come with a handbook.

Alaine: And I want you to know that simply by being here and listening, you are doing a great job as a mom because you are learning and trying to find better ways to help your child. I am so proud of your efforts and I am so glad that you're here. I will see you tomorrow.

Alaine: Hey mama, I hope you enjoyed today's episode. If so, would you take 30 seconds and subscribe to this podcast? I never want you to miss an episode and to be without valuable information to help you [00:17:00] and your family. Also, please leave a quick written review for the show on Apple Podcasts. It lights me up to know this podcast is helping you.

Alaine: Now go check off the rest of your to do so you can love on your family today. And I'll meet you here every Tuesday and Thursday for podcast episodes to support your whole family in language learning. Ciao mama.