

Ponto – The bone anchored hearing system from Oticon Medical

# Ponto Care Guide



**oticon**  
MEDICAL



## Congratulations

In the first few weeks after surgery, it is very important to take good care of the skin around the implant site. Even after this area has healed, the abutment must be cleaned every day.

This brochure offers useful tips on how to keep the abutment area healthy, and how to handle various everyday situations. As you get used to your Ponto sound processor, you will probably develop your own skincare routines, but do remember to check the implant and abutment every day.

We would like to acknowledge and thank all the Ponto users who assisted us in compiling this brochure.

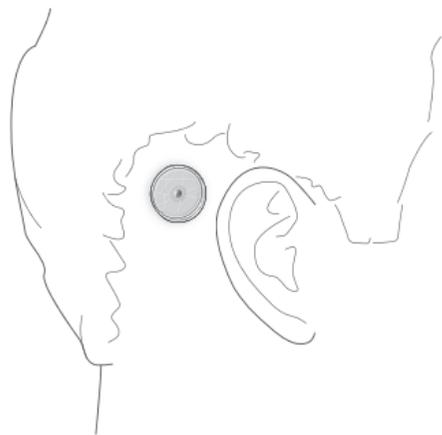
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## After surgery

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On completing the procedure your surgeon will place a healing cap over the implant site. This cap – together with the dressing and stitches – will be removed at your clinic 10-14 days after surgery, when the soft tissue has healed. If your skin has not completely healed, the dressing will be left in place for a few more days. If the healing cap should fall off unintended, just gently click it on again.



## The healing period

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When the healing cap has been removed, your skin may still be very sensitive. So you should treat it gently. When cleaning the abutment, always start by washing your hands. Then carefully wipe all the way around the abutment, using a non-alcoholic wet wipe.

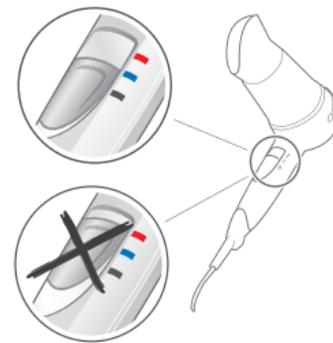
You will have to wait a while before washing your hair, as the skin should not be exposed to water. When your doctor gives you the go-ahead, it is recommended that you use a skin-friendly shampoo for the first few weeks.

## Cleaning guidance

- When your skin has completely healed, it is important to continue your skincare routine to avoid any build-up of debris around the abutment.
- Wash the abutment area with warm water every day. You can do this while taking a bath or a shower. During hair washing any debris on the abutment may become softer and is then easier to remove.
- After you have cleaned the area, use a cotton swab or a soft cleaning brush to clean gently around and inside the abutment. A mirror might be helpful when cleaning this site.



- If you cannot remove the debris, place a piece of gauze soaked in warm water around the abutment for 5-10 minutes. Then clean the abutment with a cotton swab or the soft cleaning brush followed by a non-alcoholic wet wipe. Never scratch the skin around the abutment with anything sharp.
- If you have two implants, you should use two soft cleaning brushes – one for each abutment.
- All soft cleaning brushes should be replaced every three months and only soft cleaning brushes, like the one supplied, should be used.
- If a hot hair dryer is used after showering it must not be directed towards the abutment for too long. This is to avoid heating up of the abutment and implant. A cool hair dryer can be used.



## Things to remember

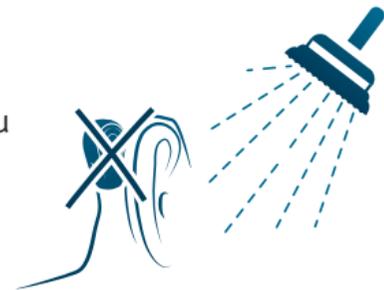
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- Inspect the skin around your abutment every day. If any soreness, redness, irritation or swelling occurs, contact your clinic for advice and potential treatment.
- When checking your abutment, make sure no hair is caught around it.
- If you experience any numbness around the abutment, don't be concerned. This is not uncommon in the period after surgery; this may fall away over time.
- If for any reason your abutment or implant should become loose, contact your clinic.

## Living with your Ponto System

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- Never place a traditional bone conductor or sound processor on a soft band, head band or test band on top of your new abutment, implant or sleeper implant.
- If you take off your sound processor for any length of time, it is possible to protect the abutment with the special cover provided. This will both conceal it and keep it clean.
- Always keep your sound processor in its case when not wearing it.
- If you ever need an MRI scan (Magnetic Resonance Imaging), make sure to inform that you have a bone anchored system when scheduling and visiting the MRI site. (For children and mentally disabled persons this responsibility falls on the caregiver.) An MRI/Security control information card comes with this guide. If you need a translation of the card to your local language please visit [www.oticonmedical.com](http://www.oticonmedical.com).
- Before bathing or showering, the best way to check that you have removed your sound processor is to run your fingers through your hair first. This is a good habit to develop!



## Visiting a hairdresser

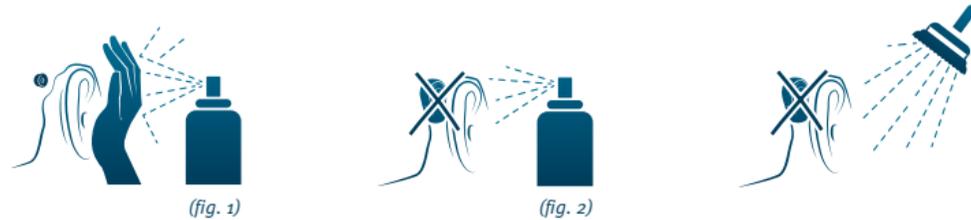
- During hair treatments, always cover your abutment. You may use the special abutment cover provided with your sound processor.
- Also cover your abutment when using hair gel or hair spray. *(fig. 1)*
- Make sure to protect or remove your sound processor during visits to the hairdresser or when applying hair products. *(fig. 2)*

## Exposure to high humidity

- If you are visiting or living in an area with high humidity, place your sound processor in the drying tube every night. The drying capsule inside this container absorbs any residual moisture.
- If you don't have a drying tube, ask your clinic how to get one.
- If you find yourself sweating profusely, try to keep the skin around your abutment dry. Clean the abutment frequently with a non-alcoholic wet wipe.

## Holidays and travelling

- Swimming should not be a problem as long as your skin has healed. After swimming, take a shower to flush out any dirt that might have accumulated either inside or outside the abutment.
- Never expose your sound processor to water as it is not waterproof.
- Your sound processor should never be exposed to extreme heat e.g. by leaving it in direct sunlight, such as on the dashboard of the car, as extreme heat may damage it.
- When travelling abroad, remember to take your MRI/Security control information card with you. If you should need medical treatment, it will help you explain why the implant and abutment must be left in place. You can also present this card when passing through airport security.



## Outdoor activities

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- When participating in contact sports, take precautions to protect your abutment from direct trauma.
- When engaging in activities that might cause your Ponto sound processor to become dislodged, remove it or use the safety line provided with your Ponto sound processor.
- If you are outdoors on a rainy day, use an umbrella to protect your Ponto sound processor.



## Exposure to dusty environments

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- In extremely dusty environments, remove your sound processor, as an accumulation of dust particles might damage it.
- When you return home, remember to clean both the implant area and the abutment.

## Useful links

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Find more valuable information on bone anchored hearing systems and access to discussion forums for users by visiting the websites listed below:

[www.oticonmedical.com](http://www.oticonmedical.com)

Oticon Medical website with user stories, product information and brochure download

[www.baha-users-support.com](http://www.baha-users-support.com)

The Ear Foundation – BAHA User Support forum (formerly BUSK). Direct link to online forum for users of bone anchored hearing systems

[www.earfoundation.org.uk/baha](http://www.earfoundation.org.uk/baha)

The Ear Foundation – English organisation for people with hearing implants

[www.facebook.com](http://www.facebook.com)

You might also find useful information on social media, where several user groups are active.

## Seven good habits to develop

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1. Follow a good daily skincare routine to keep the abutment site healthy.
2. Wash the abutment site with warm water every day, and then clean the abutment using a cotton swab or a soft brush.
3. When cleaning your abutment, always make sure your hands are clean.
4. Inspect the skin around your abutment every day to ensure no hair is caught around it, and that the skin looks nice and healthy.
5. If you experience any soreness, redness, irritation or swelling around the abutment, call your clinic for further advice.
6. Protect your abutment when applying hair spray/gel or when visiting a hairdresser.
7. Protect your abutment when participating in activities that may expose it to direct trauma.

## MRI/Security control information card

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There can be situations where the card may provide valuable information:

- If you ever need an MRI scan (Magnetic Resonance Imaging).
- When travelling abroad in case you should need medical treatment.
- Passing through airport security.

If you need a card in your local language, please visit [www.oticonmedical.com](http://www.oticonmedical.com) under “Downloads”, see “User materials”.

**Take this card and keep it with you**



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