

## ADULT COCHLEAR IMPLANT EXPECTATIONS

To prospective cochlear implant user:

The purpose of this letter is to give you some degree of appreciation and to prepare you for the initial stages of adjusting to a cochlear implant. Our cochlear implant team has determined that you are a good candidate for a cochlear implant; this means that with the proper programming, therapy, and time, you should be able to receive significantly greater hearing benefit from a cochlear implant than you are currently receiving from a hearing aid. As a group, individuals like you with a cochlear implant are pleased with the benefit they receive from the device. However, they vary significantly in their hearing performance and in how much time it takes them to achieve hearing they find worthwhile. They typically can converse quite well in a face-to-face conversation and some eventually learn to talk on the telephone. The benefit of others is limited to face-to-face conversations. All of our implant users are able to hear spoken language and understand speech better than they did with their hearing aids. However, they persist in having difficulties understanding speech when there is a group talking and when there is background noise. The cochlear implant improves hearing but does not lead to normal hearing functions.

Our highest performers took from 6-10 weeks to adjust to the implant and did not need long-term therapy. Others are still receiving weekly therapy after 2 years of implant use. There is no way we can predict any person's adjustment to the device or the amount of therapy that will be needed. Many find the first few weeks or months to be disappointing, discouraging, and sometimes depressing. It is important to anticipate this potentially frustrating adjustment period so that you will continue to work hard with your implant and persevere with the programming and therapy. Some patients do not recognize speech coming from the implant after it is turned on. Instead, several have reported hearing "chirps", "slow drawn-out talking", "unrecognizable talking", "low pitch sound", "high pitch sound", "rushes of air when people talk", etc. Some experience dizziness and headaches. These are typically temporary and with continued use of the implant, therapy, reprogramming, and daily practice with listening activities at home, improvement is slow and steady. Progress in understanding speech can be measured with the passing months and even after a year or years of cochlear implant use.

By offering to provide you with a cochlear implant our team is also committing ourselves to work with you to achieve the best results possible. By signing below, you are stating that you are committing yourself to the programming, therapy and hard work this will require. Please feel free to discuss your questions or concerns with the members of the Dallas Ear Institute cochlear implant team. We are here to help you in any way we can.

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Patient Signature

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Date

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