

Bone Anchored Hearing System

Ponto Care Guide



oticon
MEDICAL

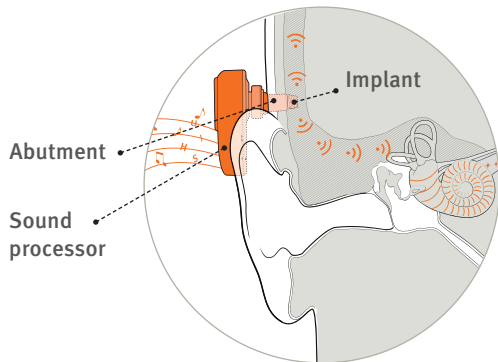
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Dear new Ponto user,

You have now received a Ponto implant. The abutment is a replaceable connection and can, if needed, be replaced by your healthcare provider.

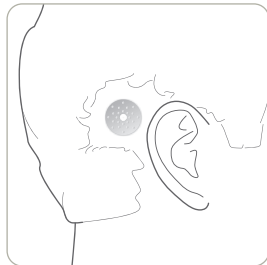
This brochure will give useful tips on how to keep the abutment area healthy, and how to handle various everyday situations. As you get used to your Ponto™ System, you will probably develop your own daily cleaning routines around the abutment site.



After surgery

When installing the implant, the surgeon will place a healing cap on the abutment and implant. The healing cap, together with the dressing and any stitches, will be removed when deemed appropriate by your healthcare provider, approximately one to two weeks after surgery. If your skin has not completely healed, the dressing and healing cap will be left in place for a few more days. If the healing cap should fall off, just gently put it back on to the abutment again.

In the first few weeks after the implant is installed, you need to keep the healing cap and dressing dry.



The healing period

When you have a bone anchored implant, it is important to maintain proper hygiene to avoid problems with skin irritation and infection. A daily cleaning routine of the abutment and surrounding area is recommended to avoid debris build-up.

When the healing cap has been removed, your skin may still be very sensitive and you should treat it gently. When cleaning the abutment and area around 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 after the surgery, before washing your hair. When your skin is healed and your healthcare provider gives you the go-ahead, it is recommended that you use a mild shampoo for the first few weeks.

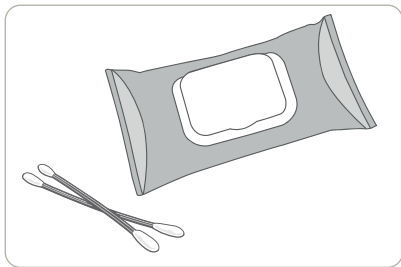
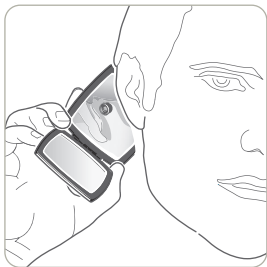
It is not uncommon to experience numbness around the abutment in the period after surgery. In most cases, it will lessen over time.

Cleaning guidance

After the implant site area has healed completely, the abutment must still be checked regularly, and you must continue your daily cleaning routine to avoid any build-up of debris around the abutment. Wash the abutment area with warm water and mild soap. During hair washing, debris on the abutment may become softer and is more easily removed.

After you have cleaned the area, use, for example, a moist cotton swab to clean gently around and inside the abutment. A mirror might be helpful. If you have two implants (bilaterally implanted) you should, for hygienic reasons, use separate cotton swabs to clean each abutment. Never scratch the skin around the abutment with anything sharp.

If you experience pain, skin issues (for example soreness, redness, irritation or swelling) or if the implant or abutment becomes loose, contact your clinic for advice and potential treatment.



Living with your Ponto™ System

When you have a bone anchored implant, it is important to maintain a good daily cleaning routine of the abutment and the surrounding area. Insufficient cleaning could lead to infections, which could result in implant loss, even after several years. Inspect the skin around your abutment every day. When checking your abutment, make sure no hair is caught around it.

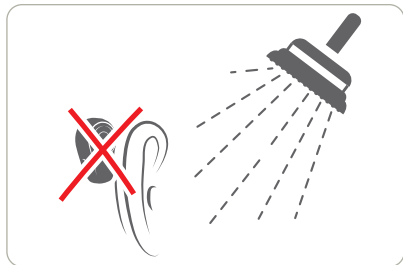
Never place a traditional bone conductor or a sound processor worn on a softband, headband, or test band on top of your newly installed abutment, implant or sleeper implant, as this may negatively impact how the implant integrates into the skull bone.

When you are not using your sound processor, an abutment cover can be used to prevent dirt from getting into the abutment and it also conceals it.

Always keep your sound processor in its case when not in use to protect it from dust and dirt. If you are using a personalisation skin on the sound processor, please make sure it is removed before placing the sound processor in its case.

Remember to remove your sound processor before showering or bathing/swimming, since it is not waterproof.

A good habit is to run your fingers through your hair to check before bathing or showering.



Magnetic Resonance Imaging (MRI) scan

If you need to undergo an MRI scan, make sure to inform the healthcare provider that you have a bone anchored hearing system, and upon medical consultation, present the Ponto Implant Card, which you received at the time for surgery. For children and people with mental impairments, this is the responsibility of the caregiver.

If you need a copy of the Ponto Implant Card, you may find it in various languages on: www.oticonmedical.com under “Downloads”, scroll to “Forms and security cards”.

Travelling/airport security

When travelling, remember to bring the Ponto Implant Card. In case you need medical treatment, this information will explain why the implant and abutment must be left in place. This information can also be presented when passing through security screening devices, for example at airports or in buildings.

At airports, please follow the guidance of security offices at your checkpoint. They will advise on whether you may keep the sound processor on, or not. When travelling by plane, turn on flight mode on the sound processor to disable Bluetooth® during take-off and landings as directed by flight personnel, see sound processor instructions for use on how to enable flight mode.

Care and maintenance

Heat

- The implants and abutments are made from titanium and exposing your implant and abutment to high temperatures (for example sauna and hot air hair drying) may cause heating of the implant/abutment area. If you experience this, cool the area and avoid the heat source.
- Avoid exposure to high temperatures during the time immediately following surgery, until the area is fully healed.
- If a hot air hairdryer is used, avoid directing it towards the abutment for too long as this may cause heat build-up.
- The sound processor must never be exposed to extreme heat, for example, left inside a parked car in the sun, and it must not be dried in microwave ovens or other ovens.

Humidity

- If you are visiting or living in an area with high humidity, place your sound processor in a drying tube every night. If you are in need of a drying tube, consult your healthcare professional.

- When being very active or sweating profusely, it is important to keep the area around the abutment clean and dry.

Visit the hairdresser

- Make sure to always cover your abutment during hair treatments as well as when using hair gel or hair spray. You may use the abutment cover provided with your sound processor.

Chemicals

- Always remove your sound processor before applying chemicals such as hair spray, perfume, aftershave lotion, sun lotion or insect repellent and allow time to dry before putting it back.

Activities

- It is important to minimise trauma to the implant area and implanted parts. Take precautions to protect your abutment when participating in activities that may expose it to direct trauma. A helmet should be considered, if you are participating in contact sports (some contact sports should be avoided).

- Swimming should not be a problem as long as your skin has healed, and the abutment site area is kept clean.
- To avoid dropping your sound processor during physical activity, or in other situations where the device could fall off, we recommend that you use the safety line which is designed to help you avoid dropping your sound processor. We also recommend that you use the safety line until you have got used to wearing the device.
- Your sound processor is dust tight and protected against ingress of water, which means that it is designed to be worn in daily situations. Although the sound processor has achieved an ingress protection rating at the level of IP57 classification, it is referred to as being water resistant, not waterproof. Always disconnect the sound processor before showering or bathing/swimming. If the sound processor accidentally gets wet, open the battery drawer, remove the battery, and let the sound processor dry.

Caution!

The Ponto System consists of small parts which, if detached and swallowed, may represent a risk of choking and/or damage to the digestive tract. Keep small parts and accessories out of reach from children.

Ponto and bone anchored solutions on social media

To learn more about the features and benefits of the Ponto system, please visit:
www.oticonmedical.com

You can contact us on oticonmedical.com and follow us on Facebook at
www.facebook.com/oticonmedical

On Facebook, there are a number of support groups and discussion forums where you can meet other users of bone anchored solutions. Search for “**bone anchored hearing**” or “**BAHA**”.

We are also on Instagram, Twitter, LinkedIn, and YouTube.



To read about user experiences with Ponto, please visit:
<https://www.oticonmedical.com/hearing-and-hearing-loss/meet-other-users/bahs-users-tell-their-story>



Notes

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