

# Realistic Expectations for Cochlear Implant Progress

The guidelines below have been designed to help you understand the steps necessary to improve your listening skills following cochlear implantation. Individual performance varies depending upon your hearing history, duration of hearing loss, consistent use of hearing aids, and other factors. Research shows that the most rapid progress occurs within the **first several months** of cochlear implant processor use. Consistent utilization of the processor (**10+ hours per day**) and engagement with an aural rehabilitation specialist is critical to ensure that you reach your optimal performance.

