

POST-OP INSTRUCTIONS FOR OTOPLASTY (EAR SURGERY)

CARE OF INCISIONS

- Gently clean incisions with Hydrogen Peroxide soaked Q-tips and then apply a thin layer of antibiotic ointment with a Q-tip 3 times a day (or more if needed), beginning the evening of surgery through the following 1-2 weeks, until otherwise instructed.
- Wear an elastic headband snug (but not too tight) as needed for comfort and while sleeping for the first 2 weeks.

ACTIVITY

- You may shower (using warm, not HOT water) avoiding direct spray of water on the ear(s) or around the incisions the first day of surgery.
- Keep upper body elevated following surgery. Sleep on back and elevated 30-40 degrees. Sleeping in a recliner is ideal. Sleep elevated for approximately 2 weeks and on your back for approximately 2 months.
- Avoid straining or any activity that causes a feeling of pressure in the face and ears. Check with your doctor before resuming any physical activities, including driving.
- Check with your doctor before wearing a hat.
- Talking on the phone should be limited for two weeks following surgery (Pressure from the receiver can affect healing and increase pain).

DIET

- If surgery performed under general anesthetic: Begin with bland foods (clear liquids, broth etc.) and advance as tolerated.
- If surgery performed under local anesthetic: Resume normal diet.
- Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

MEDICATIONS

- Take antibiotic as directed by your prescription (on medication bottle).
- Take pain medication as directed (avoid driving or consuming alcohol while taking prescription pain medicine).
- If pain is mild, you may take extra strength Tylenol per manufacturer's directions.

- Do not take any products containing ibuprofen (including Advil, Midol, etc.) in place of pain medicine.

WHAT TO EXPECT

- Some bruising and swelling is normal as well as a small amount of oozing along the incision lines. Please notify us if you are experiencing extreme swelling or bleeding from the incisions.
- Occasionally a patient will run a low fever (about 100 degrees). Please notify us if it persists longer than 24 hours or if it goes higher than 100 degrees.
- Resuming social activities and returning to work depend on the level of physical activity and public contact you require, as well as the swelling and bruising you may develop. The average patient goes back to work or social activities in 3 to 7 days.

****Please do not hesitate to call us at 770.393.9000 for any questions or concerns.**