

OTOPLASTY POST OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both BEFORE and AFTER your otoplasty. By following them carefully you will assist in obtaining the best result from your surgery. If questions arise, do not hesitate to communicate with our office and discuss your questions at any time.

For 48 hours after surgery sit up or walk during the day, and at night sleep with the head of your bed elevated with 2-3 pillows. Take only medication prescribed by your doctor.

Keep the large gauze dressing dry and intact as it helps to prevent accidental injury. At one to three days you will return to the office to have your dressing removed – following this you will be instructed to use a light compression garment for an additional 2-3 weeks. Do not be concerned if following removal of dressing the ears show some swelling and discoloration – this usually clears in 2-3 weeks.

The skin sutures will dissolve and usually do not have to be removed.

You may shower and gently shampoo your hair 4 days following surgery – be sure to keep a light coating of antibiotic ointment on the incision line for the first 10 days.

Wear clothing that fastens in the front or back for one week. Avoid slipover sweaters, T-shirts, and turtlenecks. Eyeglasses and contact lenses may be worn after the dressing is removed. Do not wear earrings for 7 days.

Avoid scratching or manipulating your ears for 2 weeks following surgery and strenuous activities and contact sports for 3 weeks.

During healing the ears may appear slightly asymmetric due to swelling – this is transient and will usually subside within 6 months. The ears may be tender and sensitive to touch for up to 12 months following surgery.

Avoid comparing one ear to the other immediately following surgery. No two ears either before or after surgery will be perfectly symmetrical, minor variations always exist and are generally not apparent to others.

Absolutely avoid direct sun or sun lamps for 6 weeks after surgery. Heat may cause the ears to swell. Always wear a hat and use sunscreen to reduce chances of sunburn.

Approximately 6 weeks following surgery you will have post operative photographs taken.