

As You Heal

Otoplasty

- **Why do my ears look so pulled back? Will they always look this way?** Your ears will not always look like this. They will relax. It takes three to six months for the ears to relax.
- **When will my ears look even?** It will take three to six months for the ears to look even. Give it some time. This is normal.
- **When can I resume being active?** It will take six to eight weeks for the cartilage to fuse. Do not engage in strenuous activity during that time.
- **How long do I have to wear my headband?** Try to wear the headband as much as possible for two weeks around the clock. Always wear it at night for six weeks.
- **How do I clean behind my ears?** Clean with half strength peroxide and a Q-Tip. Make sure to never bend the ear when you are cleaning it. After you clean it apply some Neosporin and wear your headband.
- **Can I use a pillow?** Do not use a pillow for six weeks and always wear your headband so the ears do not bend.
- **Can I go swimming or dive into the pool?** Do not go swimming or dive into a pool for six to eight weeks.

General Guidelines

Sleeping in an upright position for one week after surgery.

No driving for one week post surgery or until off narcotic pain medication completely and can respond to an emergency.

Please take the medications as directed. Antibiotic medication should be taken as prescribed while pain, nausea and Valium medication are taken as needed. Never on an empty stomach and always space out medications.

Constipation is very common due to the pain medication and anesthesia, please use Colace over the counter or any laxative that has worked with you in the past. You may start taking something to help prevent constipation two to three days post surgery.

If you develop a rash or think you are having an allergic reaction to the medication please call our office immediately. Sometimes Benadryl will help.

No ocean water or pool water for six weeks post surgery or until the incision is fully healed.

No tanning or sun exposure to the incision until the your incision has healed completely.

Please do not put scar creams or ointments on the incision immediately after surgery as you may irritate the area or cause an allergic reaction.

Patients will wear a head dressing for three days. The head dressing will be removed on your first post op visit. The post op visit is normally three days post surgery.

You may expect to be swollen for a few weeks. This is why it will also take time to see the final results for the otoplasty surgery.

The ears may look pinned back right after the head dressing removal. It takes time for the final shape.

You may start to shower after the head dressing has been removed. Please note that you will have some dry blood. When you shower, the water may seem tinted.

No active sports or running activity for at least three weeks.

Patients need to wear a headband at nighttime for two weeks after the head dressing comes off.

If there is redness on the incision line or it feels tender, please call our office and send photos.

Incision lines and final results may take up to about a year. Sometimes sutures take time to dissolve, and sometimes you may have them reach the surface.

Please call us with any concerns Monday-Friday 8:30am-5:00pm. Weekdays after 5 pm and weekends you will reach our answering service and will be directed to Dr. Brown if it is an emergency. Our office number is 480-947-2455.