

## **Ear Shaping (Otoplasty) Post Operative Instructions**

- You have just had an extensive and delicate operation on your ears. The following information is intended for your well being and will assist you during your recovery period. It is not a substitute for my personal attention or interest in you. In fact, each operation receives special and individual thought. If you have any questions, please do not hesitate to ask.
- Following surgery, you will go to the post-anesthesia care unit. A dressing over your ears, wrapped around your head, will be in place. Following your operation, your tissues will react with swelling and a feeling of tightness, which will be responsible for discomfort. The incision will be tender for a time. The surgery is responsible for numbness of the ears. Usually these areas regain their sensation, but it does take some time.
- The swelling and bruising in your ears will leave in time but may settle in your neck due to gravity -- this is expected.
- Please have someone assist you to and from your car on the way home and fasten your seat belt. It is advisable that you not be left unattended for the first 24 hours.

### **Wound care:**

- Following the removal of your dressing in the office after about a week, you can gently apply Bacitracin or Antibiotic ointment twice daily with a Q-tip to your suture line behind each ear. This is an antibiotic ointment that can be purchased at any drugstore without a prescription. There may be some itching, but do not rub your incision as there is the risk of pulling open the incisions.
- It is very important that you elevate the head of your bed to reduce swelling. It is advisable not to lie on your side, as this can cause uneven swelling. Do not hesitate to call me if there is any question about pain, swelling or bleeding.
- You will need to wear a light compression garment over your ears for the first two weeks, particularly while you sleep. You can use a garment sold through our office, or you can use a wide soft headband, such as those sold in hair care sections of various department stores (usually shelved with barrettes, etc.).

### **Diet**

- Begin with liquids and light foods, (Jell-O, crackers, soups, etc.), gradually progressing to a normal diet.

**Medications:**

- Have your prescriptions filled before your surgery date. Use prescription medications for pain as directed. These medications can cause drowsiness, tiredness or loss of balance and may affect your vision, thus, do not drive or operate machinery while taking these medications.
  
- You may resume your daily prescription medication UNLESS they are listed here:
  
- You may use Tylenol if you wish. However Vicodin, Percocet, and other pain medications contain Tylenol. Thus, do not take these medications and Tylenol together as you may be taking too much Tylenol. Too much Tylenol can cause liver damage and other problems. If you are unsure about a particular medication, please call.
  
- Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent breast skin and is exquisitely tender or if you develop fever and chills. Fevers that are clinically significant are 101.5 or greater.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_