

POST OPERATIVE INSTRUCTIONS OTOPLASTY

Patient Name :
Surgical Facility:

DOB:
Surgery Date:

ACTIVITY

- Quiet, restful activity for the first 24 hours following surgery.
- Do not lie on your sides for 7 to 10 days after surgery.
- Protect ears from extreme cold. Ears may 'turn pink' and swell in very warm weather for 3-6 months.
- No sexual activity for 4 weeks after surgery.
- Avoid pulling on stitches or bending ear forward.
- If you wear glasses the temple pieces may need to be adjusted to protect ear from pressure.
- **No heavy exercise, bending, lifting, bathing, swimming, sun exposure, smoking or sports for 3 weeks following surgery. Ask your plastic surgeon first.**

POSITION

- Elevate head and back at a 45 degree angle or more using a reclining chair or 3 or more pillows while resting or sleeping.
- Sleep on your back
- Sleep with a soft pillow for 1 month after surgery.

WOUND CARE

- Leave head dressing in place until your first post-op appointment. Be sure to bring your head band with you.
- When dressing is removed by your surgeon, you will begin cleaning incisions with a Q-tip 2-3 times per day with 50% hydrogen peroxide/50% tap water,
- Once area is dry, apply a thin layer of Bacitracin ointment for up to 7 days. (Don't allow crusts to collect on stitches).

DRIVING

- Driving is restricted the first 24 hrs following surgery and while taking prescription pain medication.

SHOWER

- You may shower 2 days after surgery (avoid getting dressing wet)

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TED HOSE

- Wear TED hose (compression stockings) for the first week AND until walking usual daily amount.

Watch carefully for excessive redness, swelling, bleeding, discharge, fever (above 100F), or pain not relieved by medication.

***IF ANY OF THESE SYMPTOMS APPEAR - CALL IMMEDIATELY
(949) 720-3888***

Patient Signature

Date

Witness Signature

Date
