

## POST-OPERATIVE INSTRUCTIONS OTOPLASTY

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### Activity

- Limit your activity sharply over the first week following surgery.
- You are encouraged to walk about the house, but avoid bending over at the waist, picking up heavy objects or straining of any kind.
- When you rest or sleep, keep your head elevated 2-3 pillows and avoid turning on your side. If you overexert yourself, bleeding or prolonged swelling may result.
- Keep your emotions under control. It is not unusual to feel a bit depressed for a few days after surgery. This quickly passes as you begin to look and feel better.
- Avoid bending, lifting, pulling, pushing, straining and aerobic activities for 2 weeks.
- You may return to regular exercise 2 weeks after surgery. Moderately strenuous exercise or contact sports should be avoided for at least 6 weeks.

### Oral Intake

- Alcohol consumption should also be limited as this may raise the blood pressure and initiate bleeding. Do not drink alcohol during the first week.
- Drink plenty of fluids following your procedure, as dehydration can contribute to nausea.

### Bathing

- You can gently shampoo your hair 24 hours after your procedure.
- Make sure you pat dry your ears after your shower. This includes no swimming no hot tubs.
- In the meantime you can bathe, but do not submerge your head in the water.

### Pain, Swelling, Bruising, Infection

- You will experience some discomfort after your earlobe procedure. Please take your pain medication as needed. If the prescribed medication does not control the pain, please contact our office. Remember, only take the pain medication if needed. It does cause constipation.
- Some swelling and bruising of the ears is to be expected. Bruising can be minimized with Arnica, an herb that we can provide through our office.
- Swelling and bruising is maximal at 48 hours after surgery and gradually subsides over the following 10 to 14 days.
- Your final results will occur between 6-12 months. There will be some asymmetry of the ears initially due to swelling on one side more than the other. They will also look slightly different.
- Infection is unusual. Fever, localized swelling with redness and tenderness may signify a developing infection and should be reported. Appropriate treatment will be initiated.

**Incisional care**

- Keep your dressings dry.
- **CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:**
- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from incision area.
- Persistent nausea and/or vomiting.
- Any other concerns.