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Otoplasty post operative instructions

Your Post –op Date:

1. Call the office regarding any unusual pain, redness, swelling, excessive discharge, fever, or flu-like symptoms. For life-threatening problems, go to the nearest hospital emergency room.
2. Sleeping on a few extra pillows or in a recliner can reduce swelling and bruising. Ice or a cold compress applied for 20 minutes out of each hour while awake for the first 24-36 hours will also reduce swelling. Frozen peas or corn in a zip lock baggie make a good compress that can be reused. You may switch to warm compresses after the first 2 days if it feels better.
3. Aspirin, ibuprofen (Motrin, Nuprin, and Advil), naproxen (Aleve), ketoprofen (Orudis), and related drugs should be avoided for 2 weeks before and after surgery. These drugs can lead to bleeding problems. Extra strength Tylenol or your prescription pain pills can be used as needed.
4. If you were sent home with a dressing, you may remove it after 24-36 hours. Your hearing maybe muffled by the dressing. If you have a tennis headband, spandex compression garment for your ears, please wear it **all day** for the first 24-36 hrs. After the 36hrs you will then wear the garment while sleeping for 6 weeks or until advised by your physician.
5. Use hydrogen peroxide on a Q-tip to clean skin stitches several times a day. Peroxide dissolves dried blood. Apply the antibiotic ointment that was prescribed 2-3 times a day on the suture area. until your post operative appointment.
6. Normal activities can usually be resumed one to two weeks after surgery. Do not strain or perform vigorous activities while your stitches are in place. Do not swim for 2 weeks. Showering and washing hair can be done carefully two days (by using Baby Shampoo) after surgery **unless a dressing is in place**. Expect to feel tired for the first 3-10 days. Get plenty of rest and eat well to restore your energy. You may want to start with lighter foods and then work your way back to your usual diet as your appetite improves. Be good to yourself – you deserve it.
7. Numbness or pins & needles sensations are common in scattered areas of the ears for the first few weeks after surgery. Be careful with hairdryers, telephones, and headphones as this resolves.
8. If at all possible, do not use tobacco in any form for 2 weeks before or after your surgery. Tobacco can lead to poor healing and more visible scars.
9. **Items you will need to purchase: Airline pillow, Bacitracin triple antibiotic ointment, Baby Shampoo, Tennis Headbands.**