

Otoplasty (Ear correction) Post Operative instructions

These are some guidelines to help you during your recovery. They are not meant to be all-inclusive and you should call the office if you have additional questions or concerns.

1. Prior to your surgery it is important not to take aspirin, Motrin, or blood thinning products (including herbals or supplements) to minimize the chance of bleeding during your operation.
2. You will need a family member, spouse, or friend bring you to and from the medical facility. You will not be able to transport yourself home after surgery.
3. The surgery generally takes approximately 1 to 1.5 hours to perform.
4. Prescriptions for an antibiotic and pain medication will be given prior to your discharge home. Please take the full course of the antibiotic as directed and pain medication as needed.
5. The first post op visit to the office will take place 7-10 days after your procedure. We highly recommend you call the office or have a representative call to make the appointment.
6. You will have a soft dressing at the end of the operation. It should remain intact to prevent movement and maintain the shape of the ear. You may make some adjustments to it for comfort but try not to take it off and "peek". □
7. You may sponge bath or shower 24-48 hours after your procedure. Keep the dressing intact. Using temped/Luke warm soapy water, followed by patting dry the area. Avoid hot or very warm water to prevent engorgement and increase swelling of the soft tissues.
8. You will be more comfortable sleeping on your back in a reclining type position for several days. Try not to sleep on your side for two weeks.
9. You may be uncomfortable, sore, and stiff for several days. This is normal following surgery and will improve as you recover.
10. Increasing physical activity (i.e. light weights, jogging, aerobics, etc.) can be readily performed 1-2 week after your surgery.
11. If you experience high fevers (T. 101), excess drainage from the incision(s), excess swelling, redness, or pain, it may indicate the possibility of infection. If these symptoms occur, please contact the office at (302) 888-0508.