



## Otoplasty Surgery

### Post-Operative Instructions

*The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.*

#### What to expect:

- Maximum discomfort will occur the first few days after surgery and then will subside gradually.
- Nausea can occur following any surgical procedure and generally passes by the first postoperative day.
- During the first week or two after surgery, you will experience some swelling, bruising and some drainage.
- The ear areas may be a bit sensitive to light and medium pressure for the first few weeks after surgery.
- When sleeping, your head should be supported by two or three pillows in order to keep the head adequately elevated and should refrain from sleeping on your side during recovery.

#### Pain Medication:

- **Take pain medication as prescribed.**
- **For pain that is less intense it would be appropriate to take Tylenol 500 mg two tablets every 6 hours (not to exceed 2000 mg in 24 hours) and Ibuprofen 600 mg every six hours, if it is not contraindicated for your health and you have not been prescribed Celebrex.**

#### Diet:

- Follow a balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet and be sure to increase your fluid intake.
- You may not feel very hungry for one to three days following the surgery. You should consume easily digested food for the first twenty-four hours (ex. toast, crackers, soup, bananas, rice, and applesauce).
- Do not drink alcohol when taking pain medications.

#### Activities:

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Listen to your body and rest when you are tired.
- Begin walking as soon as possible. Doing so will reduce swelling, prevent post-operative complications, and promote recovery.
- Do not drive until you are no longer taking the prescribed pain medications.
- Refrain from vigorous activity for 2-6 weeks. Increase activity gradually as tolerated.



- For the first three weeks, you should refrain from unnecessary bending that brings the head below the level of the heart.
- Do not smoke **any substance**, as doing so delays healing and increases the risk of complications.

### Wound care:

- After your surgery, your ear(s) will be wrapped in pressure dressing. This dressing will remain on the treated areas for the first five to seven days of the post-operative period.
- Your incision may be taped with steri-strips. Leave these in place until they fall off themselves. You can expect some drainage onto the steri-strips.
- Keep incisions clean and inspect daily for redness, swelling, heat, and or drainage with an odor.
- After the pressure dressing is removed, usually during a follow up appointment, you will be instructed to wear a covering over the ear area at night until the end of the sixth week of the post-operative otoplasty period. A thick sweatband usually works best.
- Some swelling or discoloration may be noticeable at this point, but this is normal and should resolve on its own.
- You can shower after the dressings have been removed.
- A topical antibiotic should be used in this period of recovery.
- Avoid exposing scars to sun for at least 12 months and always use a strong sunblock (SPF 30) if sun exposure is unavoidable.

### Call Dr. Holland if:

- Your temperature is greater than 101. It is not uncommon to have a low-grade fever after surgery.
- You have increased swelling and/or bruising.
- You have increased redness around the incision and/or if pus (yellowish or greenish drainage with a foul odor) drains from the incision.
- Severe or increased pain not relieved by medication occurs.
- You have side effects such as rash, nausea, headache and or vomiting from the medication.
- Severe bleeding occurs. Apply direct pressure to the area.
- You have a loss of feeling or motion.

### Follow up:

- Please make your follow-up appointment by calling the office or as instructed by Dr. Holland. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland directly.**