TOTONCHI
PLASTIC SURGERY

Care after Otoplasty

This page contains answers to frequently asked questions regarding your care after Otoplasty surgery. This information will assist you to remember the instructions given to you after surgery.

Appearance:

- Do not remove head/ear dressing for 1 week after surgery. Please keep the dressing clean and dry.
- You will have a cotton ball sutured into ear that will be removed at your first post op appointment.
- After removal of the dressing, you can start washing your hair with shampoo, pat ears dry, and apply a thin layer of bacitracin to all surgical incisions 3 times a day for 1 week.
- You will need to wear a headband that covers the ears for 3 weeks after surgery.

Activity/Bathing/Sleeping:

- You should take it easy for several days after surgery and gradually increase your activity as you feel more comfortable.
- You should NOT do any heavy lifting, greater than 5-10 Ibs, or strenuous exercise for 4 weeks.
- You can restart your exercise regime gradually, as tolerated, 4 weeks after your surgery.
- You can drive if you have stopped taking prescription pain relievers, and after any eye swelling has resolved.
- Do not shower until dressings have been removed at your post op visit.
- You can bathe normally, be sure to keep any dressings on your ears dry for 1 week. Do not shower until dressings have been removed at your post op visit.
- You should sleep in a semi-reclined position for 3-5 days after surgery to minimize swelling.

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- Do not drink alcohol for seven days after your surgery or while taking narcotic pain medicines
- Limit your salt intake to help decrease swelling.
- Please refer to the “Medications and Foods to Avoid” List provided in your Pre-Surgical email sent

Medications:

- The most discomfort you will have lasts the first 3-5 days
- We will prescribe a pain medication for you and we may also have you take an antibiotic. Follow the directions on the bottle for their use.
- The pain medication may make you feel drowsy, so please have someone assist you at home, and do not attempt to drive while you are taking prescription pain medication.
- A stool softener (Colace) is recommended after surgery.
- A few days after surgery, most patients will find that Tylenol will take care of the discomfort
- Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 7-10 days after surgery.

Post-Operative Appointments:

- You will normally be seen in the office 1 week after your surgical procedure, then at 1 month and 6 months to monitor healing.
- Additional appointments may be necessary.

We are always available if you have any questions, please call 440-461-7999.

Pre-Operative Concerns: Urgent problems don't frequently occur with Otoplasty surgery. These are complications that will require a change in your post-operative care:

- **Vision:** Sudden change or loss of vision.
- **Hematoma** (collection of blood under the skin) can occur within a few hours to a few days of your surgery. The warning signs are:
    - Severe pain that does not respond to medication
    - Significant swelling in an isolated area
    - Excessive bruising in one area compared to another
- **Infection** Signs of infection are:
    - Increased redness around the incisions
    - Increased drainage from the incisions
    - Increased temperature/fever
- **Leg swelling** (with or without associated pain) may indicate a problem with the vein circulation in your leg(s). If you have a large amount of leg swelling (either in one or both legs), or if you experience pain in your legs, contact the office immediately.
- **Breathing problems** with or without chest pain, seek medical attention immediately.
- **Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, or other concerns, stop taking your medication and call the office.

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