



Otoplasty

1. Wear a shirt that buttons on the day of surgery, and during recovery to avoid ear trauma. After surgery a dressing will be placed over the ears. It is very important that you do not disturb this dressing unless instructed to do so. Most children who have this procedure will have the dressing left in place for about one week after surgery. Adults who have this surgery may have the dressing removed earlier.
2. After the dressing is removed, you need to wear a headband continuously during the night, and as often during the day as is possible. This should be done for a period of about one month. This prevents trauma to your ears that could jeopardize the result of your surgery.
3. Sleep on your back side with head elevated by at least two pillows.
4. Minimize activities such as excessive walking or any strenuous work for approximately two weeks. This includes bending, straining, sexual activity, or lifting more than 15 pounds. Avoid trauma (such as contact sports) for two months after surgery.
5. You may resume your regular diet once you are discharged from the hospital
6. There will be some swelling and bruising on the skin around the ears. This will gradually disappear over several weeks. Keeping your head as upright as possible, especially while you sleep, will help with this.
7. Monitor the temperature every 4 hours for 48 hours after surgery. You should contact your doctor if you experience significant pain or fever higher than 101 degrees.
8. Don't take chances; Let us know if you have any questions. Remember, your active participation in following these instructions will help to give you the best result. Call the clinic number during the day. After hours, call the answering service to have office paged about your concerns.
9. Take no aspirin or aspirin-containing pain medication. Tylenol or other mild pain relievers prescribed are safe if needed. See the list on the back of the general pre-operative instruction for meds to avoid. Prescribed narcotic pain medicines may contain Tylenol. Any medications containing Tylenol should not be taken any closer than 4 hours apart in order to avoid Tylenol over dosage.
10. Risks and unexpected complications are part of every surgery. Although rare, you are hereby informed of the following: bleeding, scarring, infection reaction to the anesthesia, hematoma, skin

necrosis, cellulitis, perichondritis, keloid formation, webbing, decreased sensation, cosmetic deformity, asymmetry, need for further surgery, death.

11. Someone must drive you home from the hospital on the day of the surgery. You should make arrangements for someone to drive you to the hospital for your first post-operative appointment.
12. Convalescent leave must be taken in the local area.