

## POST-SURGERY INSTRUCTIONS: OTOPLASTY

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

Surgery Date \_\_\_\_\_

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

### TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch for following otoplasty include:

**Swollen, red ears. A firm feeling or tingling of the outer ear.** These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort.

**Consistent sharp pain should be reported to our office immediately.**

**To alleviate any discomfort, and to reduce swelling, you may apply cool (not cold) compresses to your ears.** Do not apply ice or anything frozen directly on the skin. Soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply any compress gently; do not apply any pressure, this could injure ears. Apply cool compresses for no longer than 20-minute intervals. Do not apply any heat.

### CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen appearance, excessive bruising or fluid retention that is localized to one side of the face or head.**

### DRESSING

You may be wearing a dressing, ace wrap or similar compression around your head to support your ears as they begin to heal in their new position and/or shape. Follow the directions you are given explicitly for wearing this dressing. **It is important that dressing not be removed or dislodged for any reason, except with explicit instructions from Dr. Newman. Doing so may significantly impair the outcome of your procedure.**

## DAY OF SURGERY INSTRUCTIONS

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you.

\_\_\_\_\_ **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.

\_\_\_\_\_ **Recline, do not lie down.** This will be more comfortable for you, and can reduce swelling. Always keep your head elevated. Do not bend forward or over.

\_\_\_\_\_ **Good nutrition.** Fluids are critical following surgery. Stick to cool, non-carbonated, non-alcoholic, caffeine-free and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.

\_\_\_\_\_ **Take all medication, exactly as prescribed.** Oral pain medication, antibiotics and other medications you must take include:

Antibiotic:	_____	_____ mg	_____
Pain medication:	_____	_____ mg	_____
Supplements:	_____	_____	_____
	_____	_____	_____

\_\_\_\_\_ **Wound care may be required.** You may be instructed to remove any dressing or compression to care for wounds. Do not remove any steri-strips or crusting near your stitches. Apply ointment as directed. Immediately replace any dressing or compression as directed.

\_\_\_\_\_ **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.

\_\_\_\_\_ **Relax.** Do not engage in any stressful activities. Take care of no one, including yourself. Let others tend to you.

## TWO TO SEVEN DAYS FOLLOWING SURGERY

During this time you will progress with each day that passes. Ease into your daily activities.

Your post-operative visit is scheduled for: \_\_\_\_\_

- **Practice daily sun protection.** An SPF 30 is essential regardless of the weather or your activities.
- **You may shower as needed. You must follow all the instructions your are given for compression, dressings and wound care.**
- **Apply skincare cautiously.** Do not use glycolics, retinoids or other potentially irritating skincare or haircare products until you receive clearance to do so.

- **Take antibiotic medications and supplements as directed.** Take pain medication only as needed. You may wish to switch from prescriptive pain medication to acetaminophen or ibuprofen.
- **Continue to keep your head elevated, including when sleeping.**
- **Do not resume any exercise other than regular walking.** Walking is essential every day to prevent the formation of blood clots.
- **Maintain a healthy diet. Do not smoke. Do not consume alcohol.**

#### **ONE to FOUR WEEKS FOLLOWING SURGERY**

As you resume your normal daily activities, you must continue proper care and healing.

- **Refrain from direct sun exposure.** If you are outdoors, apply at least an SPF 30 at least 30 minutes prior to sun exposure and wear a hat with a brim that shades your ears. Your skin is highly susceptible to sunburn or the formation of irregular, darkened pigmentation.
- **Do not smoke.** Smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **You may begin to sleep in a modified reclining position.** However do not sleep on your side, or with your head resting on your ear.
- **Do not engage in any contact sports or swimming until you are given clearance to do so.**

**Follow-up as directed.** Your second post-operative visit is scheduled for: \_\_\_\_\_

#### **SIX WEEKS FOLLOWING SURGERY**

Healing will progress; swelling continues to diminish.

- **Discomfort or tightness and tingling of the ears will resolve.**
- **You may ease into your regular fitness routine.** However, if you are going to engage in any contact sports you must wear proper protection.
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

#### **YOUR FIRST YEAR**

**Your appearance will change with age.** If your condition changes in any way, contact our office. Call us at any time with any of your questions or concerns.

**I have read and understand all of the above instructions. I understand that following these instructions is solely my responsibility. I understand that it is also my responsibility to ask my doctor and his or her staff any questions I have related to these instructions or about my procedure, health and healing.**

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Patient Signature

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Date

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Printed Name of Patient

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Signature of Practice Representative and Witness