

## POSTOPERATIVE CARE-OUTPATIENT SURGERY OTOPLASTY

- **Your first 24 hours**

Someone should stay overnight with you.

- **Position**

Elevate your head to decrease the swelling. Do not lie on your sides for 7-10 days after surgery.

- **Dressings**

*Keep your dressings as clean as possible. Do not remove them unless instructed to do so.*

Wear a headband over the ears for 3-4 weeks after surgery, continuously for 7 days and then when sleeping or during sports activities for the next 3-4 weeks.

- **Sutures**

The stitches behind your ears will not need to be removed. They will absorb on their own.

- **Swelling**

Expect some discomfort. This should be relieved by your pain medication.

- **Ice Packs**

Ice packs can be helpful with both swelling and discomfort. The swelling and bruises will go away within several weeks. Ice packs will help the discomfort and swelling.

- **Ointment**

Apply Polysporin or Bacitracin ointment to the suture lines behind the ear for 7-8 days.

- **Activities**

We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 4 to 6 weeks. The physician will give you clearance to increase your activities according to the progress of your recovery.

- **Driving**

You may resume driving 7-10 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, don't drive.

- **Sun Exposure**

If fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take extra care and precautions if the area operated on is slightly numb----you may not "feel" sunburn.

- **Sexual Activity**

You may enjoy sexual activity as your body allows with certain restrictions.

- **Pain Management**

Take pain medications as directed. You may take Regular Tylenol in between doses if necessary, but NO ASPIRIN.

- **Diet**

If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, let us know as soon as possible. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.

- **Smoking**

Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 15 days after surgery.

- **Alcohol**

Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

- **Returning To Work**

The average person usually returns to work or to a social schedule in 2-3 weeks. However, there is considerable variation in healing and occasionally a full month is required.

- **Post Operative Appointments**

It is very important that you follow the schedule of appointments we establish after surgery.

- **Finally**

If you have excessive bleeding or pain, call the office at 859-254-5665, day or night.