

## **Otoplasty Instructions**

### **After surgery:**

1. Relax and rest with head elevated above chest for 3-5 days. 2-3 pillows or a reclining chair work well. Keeping your head above your chest reduces swelling and bruising.
2. Take your prescription pain medication every 6 hours, only if needed. Always take narcotic pain medicine with food to decrease nausea. If you do not have pain, do not take any medication. For minimal pain, take Extra-Strength Tylenol ONLY. DO NOT TAKE any aspirin or aspirin-like products such as ibuprofen.
3. If your bandage feels tight, you may loosen the dressing at the top slightly. *DO NOT remove the bandage the first day.* There may be gauze/packing around the ears. Leave them in place for the first 48 hrs.
4. If a gauze dressing was placed, remove it 48 hrs after your procedure. Replace it with the compressive dressing or headband.
5. Wear the compressive dressing or headband 24 hours a day for the first week. You may remove it to shower, but replace it afterward.
4. Clean incisions with q-tips soaked with hydrogen peroxide. Pat dry. Then apply antibiotic ointment with a clean finger 3 times a day. Do not allow crusts to build up on the stitches.
5. Refrain from strenuous exercise and activities for 1 week. No lifting more than 30 pounds for a week.

### **Other instructions:**

1. After surgery, the doctor may place molded cotton around your ears and then wrap your ears in a turban-like manner. There is usually mild staining of the dressing during the first night after surgery. These dressings will remain in place for 1-2 days. You will then switch to a removal compressive dressing or headband for the remainder of the first week
2. You should limit your activities while the dressing is on. Be aware of your diminished hearing, especially in potentially hazardous situations, i.e driving
3. You may shower and shampoo your hair with mild shampoo after the dressing is removed. This is usually 2 days after surgery. Pat your ears dry, rub ointment on the incisions, and replace the dressing after you shower
74. If you experience sudden swelling, bleeding, vision loss, or fevers, call the office immediately.

### **General information:**

1. Your ears will be swollen, bruised, and red in appearance, and may be abnormally thick and large for about 10 days after surgery.
2. Soreness and pain for several days after surgery is normal. Use your pain medications as necessary.
3. After your initial dressing is removed (usually on the first or second day), you should wear a compressive bandage, a ski band, or headband over the ears. The ears should be protected during vigorous activity.
4. Some numbness over the ears may persist in the immediate post-operative period. This usually resolves within 2-3 months.
5. No swimming for 10 days.

Please do not hesitate to call Dr. Shastri if you have any questions or concerns.

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