



## OTOPLASTY POST-OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your surgery. Following these instructions carefully will assist you in obtaining the best result from your surgery.

Otoplasty surgery is typically performed under local anesthesia with or without mild sedation. **If you are having IV sedation, you CANNOT have anything to eat or drink after midnight prior to surgery. You can also not drive for 24 hours following your procedure.**

**The morning of surgery you may eat as usual and take your usual daily medications unless directed otherwise.**

Please wear clothing that buttons or zips up to your surgery. Avoid slipover shirts and turtlenecks.

**For the first 48 hours after surgery**, your dressing around your head will be snug to provide pressure. Do not loosen or unwrap unless advised by surgeon. However, if it is uncomfortably tight then you may cut it at the middle and hold these edges together with some tape so that it does not fall off. Keep your dressing clean and dry.

Sit up and walk during the day, at night sleep with the head of your bed elevated with 2 or 3 pillows to decrease swelling. Rest and sleep with your head elevated for the next 48 hours. Avoid any pressure on ears.

**After the first 48 hours**, you may cut the dressing off and resume your regular routine of daily bath/shower. For crusting around the sutures, cleanse gently with warm water. Avoid rubbing hard directly over the suture lines. Apply Polysporin with clean hands once a day. You may use a hairdryer on low and cool to ensure hair and ears are dry.

A **headband** or toque should be worn day and night the first **3 weeks**.

**Do not** lift (greater than 10 pounds), bend, exercise, swim or fly for **3 weeks** following your procedure.

For pain and/or discomfort use Acetaminophen 500-1000mg every 4 hours as needed (to a maximum of 4000mg per day). Stronger pain medication may be prescribed to you by Dr. Jaggi, only if he deems necessary.

### **Contact your physician immediately if you develop any of the following:**

- Excessive swelling, bleeding, or severe pain, uncontrolled by pain medication.
- Signs of infection (discharge, fever, chills, redness at the incision).
- If you have been admitted to hospital or received medical care within 10 days of having your procedure.

**\*You will be given an emergency contact number upon discharge\***