

OTOPLASTY POST-OPERATIVE INSTRUCTIONS

BEFORE SURGERY

- Please read all of the information in your pre-op packet three times, immediately after your appointment, the day before surgery, and again after surgery to ensure that you remember the details.
- By planning ahead, you can have a more relaxed recovery phase. Fill your prescriptions, stock the house with comfort foods, arrange a comfortable place to sleep and remember that you will need a ride to the first and second post-op appointment. Do not be alone the night of surgery; plan to have someone stay with you.
- **NO SMOKING** of any kind one month before or after surgery is recommended.
- Start taking Bromelain, Arnica Montana or Arnika Forte as directed.

THE DAY OF SURGERY

- Make sure you do not eat, drink, smoke or chew anything except essential medications (as approved by your surgeon) 8 hours prior to surgery. Adults may take a Dramamine with a small sip of water the morning of surgery.
- Children need to be N.P.O. (nothing by mouth) before surgery, or it will be cancelled by anesthesia. Solid food or thick liquid need to stop 8 hours prior to surgery. Water or clear liquids (such as apple juice, pedialyte or water) can be given up to three hours before surgery. This helps to prevent aspiration or sucking stomach contents into the lung which can be very dangerous.
- Know where to go, when to be there, and please **DO NOT FORGET YOUR PRE-OP PACKET**
- Wear comfortable clothing, preferably something you do not have to pull over your head.
- You will be in the recovery room for about 2 or more hours after surgery, so be sure your ride home understands this time frame.
- The car ride home is usually not the highlight of your day. Sometimes the motion causes you to vomit. If you live hours away you may consider staying in town the first night.
- Once home, find a nice place to settle where you can sleep on your back with the head of the bed elevated about 30 degrees. Keep your medications, fluids and, if necessary, something to throw up into close by. Work on deep breathing to keep your lungs expanded. Start your antibiotics at the next mealtime once at home and all others as needed or as directed.

THE FIRST WEEK

- **NO HOT** or **WARM** compresses.
- **NO COLD** compresses.
- Do not wear earrings until cleared to do so by the surgeon.

You can expect:

- Moderate discomfort, which should be relieved with the pain medications.
- Some bloody drainage on the dressings.
- Moderate swelling.
- Black and blue discoloration of the ear(s)
- To shower and gently shampoo your hair after the dressings are removed. Do not use a blow dryer unless instructed otherwise by the surgeon.

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Call the office if you experience:

- Severe pain not responding to the medications.
- Excess swelling or obviously more swelling on one side than on the other.
- Bandages that seem too tight.
- Appearance of operative site becoming increasingly red.
- A fever.
- Call the office if you have any questions.

LONG TERM

- Once the dressing is off, it will still be necessary to wear a wide head band over the ears at night for 12 weeks or as instructed by the surgeon, to prevent pulling them forward inadvertently when turning over during sleep.
- Avoid lifting, pulling or pushing for 10 days.
- Avoid sports or strenuous activities until cleared by the surgeon.
- There may be some numbness in the ears, but normal sensation typically returns. However it is possible to have areas of numbness indefinitely.