

OTOPLASTY POSTOP INSTRUCTIONS

Please read and become familiar with these instructions BEFORE and AFTER surgery. By following these instructions carefully, you will assist in obtaining the best possible result from your surgery.

1. You will leave the operating room with a turban-type of dressing in place over your ears. This is to remain in place until I remove it after about one week. This will be replaced by the use of a headband, which should be worn for a period of time, which I will specify (anywhere from one to three more weeks). If your first dressing becomes too uncomfortable, report it to us, but please do not remove or loosen this dressing without our direction.
2. Once the turban dressing has been removed the first week after surgery, you should gently clean the incision lines twice a day using Q-tips and mild soap and water. After each cleaning, apply a thin layer of antibiotic ointment over the incision lines to minimize crusting and improve healing. Do NOT apply vitamin E or any other ointments or medications unless we prescribe it! Dried blood or hard crusts can be removed using hydrogen peroxide mixed with water in a 1:1 ratio.
3. The day after surgery (with the turban ear dressing still in place) you may gently shampoo the portion of your hair that is visible outside of the dressing. This will require assistance from someone with your head suspended over a sink in order to avoid overwetting the ear dressing; however, do not blow dry for 5 days and postpone any hair coloring or permanent waves for 4 weeks. Avoid strong combing or brushing of the hair near the incisions and around the ears for 2 weeks. Antibiotic ointment in the hair left over from surgery can be easily removed by adding about a tablespoon of baking soda to any clarifying shampoo.
4. Your sutures will be removed in my office around 6 to 7 days after surgery once I have removed the ear dressings. This is a painless procedure, so don't be concerned!
5. Use good common sense in restricting your normal activities during the first 7 days after your operation. Most persons will wait to resume work or social activities for at least this period of time. Any activity requiring heavy lifting or straining should be absolutely avoided! If you feel that you need to take a laxative to avoid straining in the bathroom, use one that you are accustomed to taking. All but the lightest of exercises should be avoided during the first 2 weeks.
6. Light walking can begin after 3 days. Exercise (easy biking, slow jogging, golf) can be resumed after 3 weeks.
7. Be particularly careful with pullover clothing so as not to injure the surgical areas.

8. You may eat a normal diet the day following surgery. Observation of a low-salt diet will help reduce postoperative swelling significantly.
9. For the first 2 weeks after surgery, sleep on your back or side with your head elevated on at least 2 pillows. Keeping your head higher than your heart will help resolve swelling as early as possible. Do not sleep face down on your stomach.
10. DO NOT SMOKE for at least 2 weeks after surgery (and preferably 1 month).
11. DO NOT TAKE ASPIRIN, ANTI-INFLAMMATORY MEDICATIONS (such as MOTRIN or ADVIL) or take any products containing these blood thinning compounds for 14 days after surgery! Other routinely taken medications may be taken as necessary.
12. Any unexplained development of pain, facial swelling or fever should be reported to us immediately.
13. It is normal following otoplasty to have some numbness around the incisions and the ears. This can last from several weeks up to 6 months and will usually return to normal as healing progresses. Some residual permanent numbness is a risk of any surgery, but uncommon. Avoid prolonged exposure to extremely cold temperatures. Be careful when using a hot blow dryer.
14. Healing incisions appear deep pink in color and have varying amounts of swelling and firmness around them. With the passage of time, the pink should become white and the firmness of the tissues will become soft and pliable. In the meantime, you can easily hide your incision lines with hair styling and makeup.
15. You should protect your incision lines and newly positioned tissues from excessive sunlight or tanning booth exposure. UV light tends to make scars more pink or red, which can take months to fade! Use sunscreens with a rating of at least 30 while outdoors.

Careful observation of these instructions will help ensure that your recovery is smooth, your surgical result optimal and your overall experience positive. We very much appreciate your confidence in allowing us to help you achieve your aesthetic surgical goals. If you should have any questions or concerns during your recovery, do not hesitate to call my office at (785) 309-0900 or 1-866-760-0900.

Sincerely,

David A. Hendrick, M.D.