

Elite Plastic Surgery

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OTOPLASTY

Post Operative Instructions

In recovery: you will have gauze and protective cups over your ears. Don't be alarmed if you can't hear things normally. You, will usually be in recovery for 60 minutes.

First night home: Restrict your general activity to bed rest for the first night, getting up only to use the restroom with help. Drink plenty of fluids to help rid your body of the anesthetics.

Medications: Be sure to take your medications as prescribed. Please note first 3-5 days are the toughest. Swelling and discomfort gradually increase over the first 3 days and then will gradually subside. Don't be alarmed if things feel worse before they get better (for example, day 2 you might feel better than day 4 - that's normal).

Pain Medication: Narcotics should only be used as needed for 3-5 days. Always eat something before taking Narcotic regardless of time to help prevent nausea. Narcotics may cause constipation; you should take over-the-counter stool softeners.

After 5 days, you may switch to Tylenol and after 2 weeks you may use ibuprofen.

Diet: Clear liquids or a soft bland diet is recommended the first night home (i.e. bullion, apple juice, crackers, and jell-o). If you can tolerate a bland diet, you may resume a normal diet.

Hygiene: May wash from the chest down making sure to keep dressings clean and dry for 48 hours. Do not submerge incisions under water until completely healed without scabs (approx. 4-6 weeks). After 48 hours remove protective cups and gauze. Then shower and gently cleanse the area without pulling ears forward. Do not use a blow dryer unless instructed otherwise by the surgeon. Replace protective cups or compression band over the ears.

Position: When sleeping and resting stay on your back and keep your head elevated about 45 degrees and place a pillow under your knees for the first week. Wear protective cups over the ears while sleeping for the first week to help prevent injury to the ears. You must change your position or get up and move around every 2 hours to reduce the dangers of blood clots.

Activity: The day after your surgery walk around inside every 2 hours while awake (2-5 mins). The first week is mostly about resting, getting good nutrition, and staying hydrated. Avoid bending over to pick things up from the floor for one week, and bend at the knees.

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The second week you can start to do minimal activities with periods of rest. You will be able to return to non-strenuous work approximately 1-2 weeks after surgery.

NO HOT or WARM compresses. NO COLD or ICE compresses to the area.

You can expect: You will be seen for your first post-op visit 1 week following your surgery.

-Sutures typically will be removed at your 1-week post-op visit. We will provide a compression head wrap to be worn as much as possible during the first 3-6 weeks. If more healing time is needed; sutures may be removed 10-14 days after your surgery.

-Return to non-strenuous work within 5 - 7 days.

-Moderate discomfort, which should be relieved with the pain medications.

-Some bloody drainage on the dressings.

-Moderate swelling. Wear a compression headband as much as possible to help with this.

-Black and blue discoloration of the ear(s)

-No alcohol for 1 week after surgery or while on pain medications.

-No smoking for a minimum of 3 weeks following surgery.

-It can take up to 2 years for the scars to fade.

-Do not wear earrings until cleared to do so by the surgeon.

Call the office if you experience:

-Severe pain not responding to pain medications.

-Excess swelling or swelling that is greater on one side than the other.

-A bright red spot on the bandage which continues to enlarge or bright red blood in drains that seems to be clotting.

-Incisions that appear to be opening or becoming very red, hot to the touch or containing pus

-Any type of allergic reaction symptom such as rash, itching, etc.

-A fever over 100.4

-Call if you have any questions at (480)291-6895

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Medications Prescribed (not all medications may apply)

Scheduled Medications:

Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow prescription ordered) is an antibiotic you must take for a total of 5 days.

(*May not apply to you) Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery) is used for prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.

Tylenol (Acetaminophen) (Age GREATER than 60: 1000 mg every 8 hours) (Age LESS than 60: 1000 mg every 6 hours).

Highly Recommended: Scheduled Medication over the counter

Docusate Sodium (Colace) AND Senna: Stool softener: start one day following your surgery EVERY DAY if you're taking narcotic pain medication.

Magnesium hydroxide (Milk of Magnesia): Bowel Stimulant start one day following your surgery if you have not had a bowel movement since surgery. These may be taken together with Senna and Colace.

As needed:

Anti-inflammatory: Toradol (ketorolac) (started day of surgery as needed, please follow prescription ordered) This is a different form of Ibuprofen so please stay away from other an&-inflammatory while taking this medication.

Nerve Pain: (itching/burning/tingling): Gabapentin (Neurontin) (started day of surgery as needed, please follow prescription ordered) is used for pain relief every 12 hours. Please let us know if you are taking any prescription for mood-altering (depression or bipolar) medications as these can potentially interact.

Muscle Relaxer: Cyclobenzaprine (Flexeril) 5mg (started day of surgery as needed, please follow prescription ordered) is a muscle spasm medication.

Narcotic Pain Reliever: Oxycodone 5 mg (started day of surgery as needed, please follow prescription ordered) is an oral narcotic prescribed to manage your pain

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