

# PLASTIC SURGICAL ARTS

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## OTOPLASTY POST OPERATIVE CARE

### **WHAT YOU CAN EXPECT:**

- Moderate discomfort-use pain medication as needed or Ibuprofen / Tylenol as directed.
- Moderate swelling.
- Black and blue discoloration.
- During healing the ears may appear slightly asymmetric due to swelling – this is transient and will usually subside within 6 months. The ears may be tender and sensitive to touch for up to 12 months following surgery.

### **PAIN CONTROL:**

- Take your pain medication, as instructed, until your pain lessens.
- Always take your medication with food in your stomach.
- Do not drive or operate equipment while on your pain medication.
- Do not drink alcohol while taking prescribed pain medications.
- Someone needs to stay with you the first night home after surgery.
- **No hot or warm compresses.** The skin doesn't have normal sensation and you can burn yourself without knowing it.
- Narcotic pain medication can cause significant issues with constipation. Please start using a stool softener the day before surgery and daily there after until normal bowel function returns.

### **DRESSING CARE:**

- Your dressings may consist of a compression bandage that is loosely applied to the head and face to reduce swelling and bruising.
- The day following your surgery, you may remove all dressings and shower.
- While sleeping protect your ears by wearing a soft band covering the ears. Please discuss with your physician if there are questions.
- Leave any Steri-strips placed over your incision on or until removed by your physician or instructed by your physician to remove.

### **CONTACT YOUR PHYSICIAN (402.483.2572) IF ANY OF THE FOLLOWING OCCUR:**

- A temperature greater than 101 degrees F.
- Redness, swelling around the incision site.
- Excessive tightness or swelling
- Severe pain not responding to pain medications.
- Persistent, profuse bleeding or drainage.
- If any other question or problem arise.

### **OTHER POST-OPERATIVE INSTRUCTIONS:**

- For 48 hours after surgery sit up or walk during the day, and at night sleep with the head of your bed elevated with 2-3 pillows.
- You may shower and gently shampoo your hair 4 days following surgery – be sure to keep a light coating of antibiotic ointment on the incision line for the first 10 days.

- Avoid scratching or manipulating your ears for 2 weeks following surgery and strenuous activities and contact sports for 3 weeks.
- Normal activity can be gradually resumed after 2 weeks. You may resume exercise after 4 weeks.
- Absolutely avoid direct sun or sun lamps for 6 weeks after surgery. Heat may cause the ears to swell. Always wear a hat and use sunscreen to reduce chances of sunburn.

**ACTIVITY:**

- Avoid smoking for at least 3 weeks before and after surgery. Nicotine constricts the small blood vessels needed to heal your abdominal wound and could lead to infection and skin loss.
- Avoid sports and strenuous activities for 4 weeks at least.