

Care After an Otoplasty

ACTIVITIES

- For the first month after surgery:
 - Avoid sports activities where you could fall or be struck in the head.
 - Try to minimize wearing glasses.
 - Avoid wearing helmets or restrictive head gear of any type.
- If you need to bend over, bend at the knees to pick up items. Please do not bend at the waist as this may cause some discomfort to your ears or a throbbing sensation.

MEDICATION

- Please do not take any Advil, Ibuprophen, Aspirin, Motrin or Anacin unless this has been discussed with your doctor or one of the clinic's nurses.
- You may have been given the following medications: Oxycodone and/or Acetaminophen (Extra Strength Tylenol) for pain management, Colace (Soflax) to prevent constipation, Lyrica (Pregabalin) for pain management/nerve receptor blocker, and Celebrex (Celecoxib) to help with swelling/inflammation.
- If you experience nausea, take Gravol as directed on the package 15-20 mins before you take your prescribed pain medication.
- Begin taking your stool softener (Colace) after your surgery and continue as needed. If you are still experiencing constipation, speak to your pharmacist about taking a laxative.
- Take Tylenol instead of your narcotics when you feel able.
- If you have been given a prescription for antibiotics, start taking them on the day of surgery and continue until all the medication is finished.
- If you have been given Arnica, you may continue to take the Arnica the night of your surgery and continue to take it until it is finished.
- **Do NOT apply any hot/cold packs as they risk damaging your skin!!!**

WHAT TO EXPECT

- Your surgeon or nurse will remove the bandage at your first post-operative visit, around 5-8 days after surgery.
- Leave the bandage in place until then and do not get it wet.
- If the bandage comes off accidentally, you can try to replace/rewrap it, or simply place an elastic head band over the ears and the gauze padding.
- Once the bandage has been removed; after your post-operative visit, you may gently wash your hair with your regular shampoo. Ensure you also GENTLY wash the ears daily with soap and water. Apply a thin layer of Vaseline along the incision.
- After your post-operative visit, ensure you always wear your head band over the ears for 3 weeks after surgery (Please ensure you bring your head band to your first follow up visit).
- The stitches behind the ears are dissolving.

If you have received general anesthetic or IV sedation:

Please note that you will NOT be able to work on the day of your procedure. **YOU ARE NOT ALLOWED TO DRIVE, MAKE ANY IMPORTANT DECISIONS OR OPERATE ANY TYPE OF MACHINERY FOR 24 HOURS AFTER YOUR SURGICAL PROCEDURE.** This is the law.

If you need to go to an Emergency Room/hospital/walk in clinic/family doctor for any reason **within 10 days** after your surgical procedure, you need to inform The Cosmetic Surgery Clinic of your visit.

If you have any questions or problems, please do not hesitate to call the office at 519-746-1132, or in an emergency situation after hours, you may contact Dr. Ma directly at 905-818-0746. In the event that you cannot reach Dr. Ma and you need attention urgently, please go to your nearest emergency department.