

## OTOPLASTY

### POST-OP INSTRUCTIONS

- Keep bandage on head until your follow-up appointment in 2 days.
- You may shower after the head bandage is removed on 2<sup>nd</sup> day.
- Sleep on three to four pillows or in a recliner for first three nights to decrease swelling.
- After the bandages are removed, clean behind ears with Liquid Dial Antibacterial soap and sterile saline 3 times a day for one week. Then apply Vaseline ointment behind the ears.
- No sports or swimming for one month.
- Wear ear band 24/7 (except for cleaning) the first week.
- Purchase a tennis style headband (elastic) to wear during sleep for 2<sup>nd</sup> and 3<sup>rd</sup> week.

### EXPECTATIONS

- Your bandage will feel tight and ears will hurt for several days.
- You may experience numbness and ear discomfort for several weeks.
- Avoid tight fitting shirt collars for 1 month after surgery. (Button down shirts are best)
- The ears will be pink, bruised and swollen for several weeks.
- Some degree of asymmetry is not uncommon and usually not significant.
- Avoid sun or windburn for six months after the procedure

### FOLLOW-UP VISITS

- You will be seen in the office in 2 days to check your progress and put a new bandage on your ears. Please call Dr.Gross at 407-333-3040, if you have questions or concerns. If you have a true emergency call 911.

*I have received a copy of the above instructions and agree to follow them*

X \_\_\_\_\_ Date \_\_\_\_\_