

OTOPLASTY

Post-Op Instructions

- Sleep elevated on 3-4 pillows or recliner chair for the first 3-5 nights, to decrease swelling.
- Keep bandage on head until your follow up appointment in 2 days.
- You may shower after the head bandage is removed on day 2.
- After the bandages are removed, start cleaning your ears with Sterile Saline, gauze and Q-tips and apply Gentamicin ointment behind the ears- 3 times per day, for 2 weeks.
- No exercise, sports or swimming for 1 month.
- Wear ear band 24/7 for the first week.
- Purchase tennis style headband (soft elastic) to wear during sleep for the 2nd and 3rd week.

EXPECTATIONS

- Your bandage will feel tight, and ears will hurt for the first few days.
- You may experience numbness and ear discomfort for several weeks.
- Avoid tight fitting shirts collars for 1 month after surgery (don't want to catch an earlobe on your shirt collar).
- The ears will be pink, bruised and swollen for several weeks.
- Some degree of asymmetry is not uncommon, for several weeks and usually not significant.
- Avoid sun or windburn for six months after the procedure.

MEDICATIONS

- Doxycycline 100mg 1 tablet twice a day for 3 days / antibiotic
- Ativan 1mg (Lorazepam) 1 tablet every 8 hours as needed / anxiety and sleep
- Lortab (Hydrocodone) 1 tablet every 6 hrs as needed / pain
- Celebrex 200mg take once a day as directed / reduces inflammation
- Arnica 30X take as directed (begin day before surgery) / swelling and bruising
- Phenergan (promethazine) 1 tablet every 6 hours as needed / nausea
- Gentamicin Ointment – Apply to incision

Follow-Up Visits

You will be seen in the office in 2 days to check your progress and put on your tennis headband. Please call Office or Text # 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 _____
Signature