



Otoplasty Post-Operative Instruction Sheet

Diet: You should drink clear liquids immediately following your surgery. The day after surgery, you should begin slowly advancing to a solid diet, starting with bland foods. If you experience any nausea or vomiting, resume a clear diet for another 24 hours.

What to expect after surgery: You will have minor discomfort at the surgical site. Your ears may be very swollen and you may have bruising around your ears. You will have a fluffy dressing on your ear for approximately 2 days following surgery.

Activity: You should avoid heavy activity (lifting greater than 10 pounds, pushing, or pulling) for 3 weeks after surgery.

Do not take any aspirin, ibuprofen, vitamin E, or herbal supplements for 1 week before surgery and 2 weeks after surgery unless specifically approved by Dr. Hall.

Do not drink alcohol, use recreational drugs, work, or operate heavy machinery/drive while taking narcotic pain medication.

Special instructions:

Leave your dressing in place until your follow-up appointment with Dr. Hall. Keep your dressing dry. Please call if your dressing falls off.

After the dressing is removed, you may see crusting along your incision lines. If so, gently clean the area with half-strength hydrogen peroxide on a q-tip. Gently dab, do not rub.

Sleep with your head elevated for 2 weeks after surgery.

Sleep with an athletic headband around your head and ears for 6 weeks following surgery.

Call for any of the following symptoms: Temperature greater than 101.5 F; increasing pain, redness, pus, or swelling at the surgical site; any other symptoms that concern you.

Follow-up: Please call 813-974-4683 for an appointment with Dr. Hall in 2 to 3 days.

Medications:

- After your dressing is removed, apply bacitracin ointment to the incision lines 3 times a day for 1 week.
- Vitamin C, 1000 mg, 3 times a day, for 2 weeks after surgery
- Arnica Montana for 2 weeks after surgery (take per directions on package). Arnica Montana may contain lactose or sucrose

Additional Instructions: _____

Important Numbers/Contact Information

Nurse's line: 813-974-2749/813-259-8596
After-hours emergencies: 813-974-2201

If you have routine concerns or questions, please call the nurse's line weekdays between 8 am and 5 pm.