

## Otoplasty Surgery Instructions

YOU WILL NEED TO PURCHASE: GAUZE, ANTIBIOTIC OINTMENT (BACITRACIN/POLYSPORIN), HEADBAND

### Activities:

- Leave bandages in place for 24 hours. Then you may remove the dressing.
- Ok to shower after you removed the dressing. Gently clean the ear.
- After showering, apply small amount of antibiotic ointment to the incision behind the ear.
- Place gauze behind the ear then wear the elastic bandage 24 hours a day for the first week. Then as often as possible during the day and at night for the second week. This will help maintain the shape of the ear as it heals.
- Keep head elevated on two pillows for the next week.
- Resume routine activity in 7-10 days following your surgery.

### Diet

- You may eat normal diet
- Drink plenty of clear fluids during your recovery.

### Medication

- Take Tylenol for pain relief every four to six (4-6) hours as needed. You may fill your prescription pain medication if needed.
- Avoid taking NSAIDS (Motrin, Advil) as this may lead to bleeding.
- Take the prescribed antibiotic for five days.

### Other Information

- Your ears may become bruised and swollen. Do not let this alarm you as this condition will improve with time.
- You can expect swelling, bruising, and tightness of the bandage, however, if there is excessive bruising and pain (especially on one side), sudden excessive swelling, high fevers (>101.5) call the office immediately. The office number is 410-821-5151.

Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) if you have any questions.

You may also email Dr. Hahn any questions – [samhahn@mdfacialplasticsurgery.com](mailto:samhahn@mdfacialplasticsurgery.com)