OTOPLASTY (PROTRUDING EARS) POST-OP INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Eat pineapple as directed to help with bruising.
  - ½ to one whole pineapple daily (including the core) should be consumed in small portions
  - Do not combine with a protein (milk, yogurt, meats)
  - Rinse mouth after consumption
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin. Do not take Tylenol with your narcotic.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Wear a headband over the ears for 6-8 weeks after surgery when sleeping or during sports activities.

ACTIVITIES

- Usually, you will be up and around a few hours after surgery.
- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until 24 hours after your surgery AND you are no longer taking any pain medications (narcotics).
- Children can go back to school after 7 days, if they are careful about playground activity.
- Adults can go back to work approximately 5 days after surgery, depending upon the occupation.
- You may resume full social activities in 5-10 days.
- Avoid any activity in which the ear might be bent for approximately a month.
- You may resume contact sports in 1-2 months.

INCISION CARE

- You may shower after the dressing has been changed.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.
- Wear turban-style dressings and bandages for 7 days. Use Neosporin Pain or Bacitracin to the wound for 7 days. After that, wear a clean headband at night for 3-6 weeks.
- You may shampoo your hair after the dressing has been removed the day after surgery.
  - Use baby shampoo only and do not blow dry your hair or use styling products for one week.

WHAT TO EXPECT
• Temporary throbbing, aching, swelling, redness and numbness.
• Large pressure dressings and bandages are applied around the ears and head, turban style immediately after surgery.
• Some swelling and bruising may last 10-14 days.
• Some numbness may exist around the operative areas.
• Tenderness could last up to 3 months.

**APPEARANCE**

• Usually, there will be a faint scar in the back of the ear that will eventually fade.
• Do not expect both ears to match perfectly, as perfect symmetry is unlikely and unnatural in ears.

**FOLLOW-UP CARE**

• All sutures will dissolve in 1-2 weeks.

**WHEN TO CALL**

• If you have increased swelling or bruising.
• If swelling and redness persist after a few days.
• If you have increased redness along the incision.
• If you have severe or increased pain not relieved by medication.
• If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
• If you have an oral temperature over 100.4 degrees.
• If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
• If you have bleeding from the incisions that is difficult to control with light pressure.
• If you have loss of feeling or motion.
• If a blood clot forms on the ear.

For medical questions, please call:
(317)814-1104, Monday - Friday, 8 a.m. - 5 p.m.
After hours and on weekends, page Dr. Winslow at (317) 541-7571.