

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.