

## POSTOPERATIVE INSTRUCTIONS: OTOPLASTY

**IMPORTANT:** Call Dr. Holzman immediately if you experience excessive bleeding, pain, or if you notice a sudden enlargement of the surgically treated areas. In addition, if you have a noticeable worsening of ear pain after you have been relatively free of pain for some time, please call the office right away to be seen, as this is a sign of possible infection.

**FIRST 24 HOURS:** You should take the pain and nausea medications prescribed for you at regular intervals. Begin advancing to a regular diet as tolerated. If you feel nauseated, drink clear fluids and try small amounts of easily digested foods like steamed rice or saltine crackers. Do not change the dressing that was placed during your surgery.

**DRESSINGS:** You will have a large, fluffy dressing placed after surgery that will remain in place for 4 days. Dr. Holzman will remove the dressing at the first office visit post surgery. At that time, you will then wear the purchased headband over your ears to keep them held firmly in place. Wear the headband 24/7 for the first 3 days, and as much as possible over the next 3 weeks, especially at night. After the fluffy dressing is removed, you may shower and gently wash your hair as needed. Pat the incisions dry and replace the headband before combing or brushing your hair to prevent accidentally brushing your ears. If you must dry your hair, the blow dryer should be set on low heat. Avoid using high heat on your hair dryer until 2 weeks after your surgery.

**ACTIVITY:** Limit your head and neck movements after your procedure. Keep your head elevated, even while sleeping. Exercise during the first postoperative week should be limited to activities of daily living (eating, sleeping, desk work). You may begin light exercise after your first postoperative week. Walking is preferred as it is minimally disruptive. You should not perform heavy aerobic exercise or weight lifting for 2 weeks after your surgery. You should not drive while taking narcotic pain medication.

**PAIN MANAGEMENT:** Dr. Holzman will prescribe a narcotic pain medication and an anti-nausea medication. Take both of these medicines as written for the first 24-48 hours after surgery. After that time, you may simply take them as needed. Consider taking them at bedtime if they help you rest. After the first 48 hours, you may switch to a non-narcotic pain medication if desired. Ibuprofen 600mg (3 tablets) taken every 8 hours as needed provides excellent pain

control and reduces inflammation. Take ibuprofen (brand name: Advil or Motrin) with food to avoid stomach upset. Refer to the pain management sheet in your packet for more information.

HEALING: Listen to your body and do not push yourself too early. Adequate rest is very important and will allow your body to heal more quickly. Patients who have had otoplasty will notice some swelling and bruising. Wear your headband as holding the ears close to the scalp will provide some pain relief. Otoplasty incisions are placed in the most hidden areas possible and usually heal well. Careful closure techniques insure minimal scarring. Dr. Holzman may recommend a silicone based scar treatment at your first postoperative visit. These treatments decrease the appearance of the scars and speed healing. Avoid sun and tanning bed exposure to prevent permanent discoloration in the bruised areas. Use a medical grade sunscreen to minimize sun damage.

FINAL COMMENTS: Dr. Holzman is committed to making sure that you have the best result possible. Please communicate any problems to him before or after surgery, so that he can optimize your results and experience. Do not hesitate to contact the office or staff during office hours for any questions, and call Dr. Holzman after hours for any emergency.