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Postoperative Instructions Otoplasty

Thank you very much for allowing us to perform your surgery. Please call us at any time if instructions are not clear or issues are not addressed in this instruction sheet. Pain medication and general anesthesia can cause constipation. It is helpful to begin on a stool softener a, such as Colace a few days before surgery. If constipation is a problem after surgery, you may use a glycerin suppository or Fleet enema.

Do not take your pain medications on an empty stomach. Eat a light snack, such as crackers, about 30 minutes before you take your medication.

Immediately following surgery, you will have a gauze dressing covering your head and ears. It must stay in place until your first post-op visit. It will be removed then. When the dressing is first removed, the ears may appear flat to the head or overcorrected. We ask that you sleep with a headband such as a thick exercise sweatband) around the ears once the dressing is removed. Your physician will instruct you when you no longer need to sleep with this headband.

After your surgery, it is recommended that you sleep or rest with your head elevated on at least two or three pillows to decrease swelling.

Swelling and some discoloration are expected near the ears. This will subside in two to three weeks. Report any excessive or uneven swelling to our office.

You may shower and shampoo gently once the head dressing is removed. Baby shampoo is recommended for the first two weeks. While in the shower, let the water run gently over the surgical sites behind the ears. After showering, apply antibiotic ointment (Bacitracin).

Discomfort is expected but should be minor and limited to the area of the procedure. Tylenol or ibuprofen should eliminate the discomfort. Call the office if your pain is not controlled by these medications.

Avoid contact sports or vigorous activities in which you ears could be hit. Nonetheless, Use common sense, don't over exert yourself and don't lift more than 20 pounds for a few days.

Call the office if your incision is red, hot and tender. You may have an infection. It is common for patients to notice some black and blue or maroon discoloration around the incision. This represents a small amount of blood and is normal. It should not alarm you. It is also common for this to only become apparent 2-3 days after surgery as blood in the tissues moves to the surface.

Phone Numbers:

Cool Springs Plastic Surgery – 615.771.7718
Dr. Moore's Cell - 615.476.2784
Dr. Sarosiek's Cell - 215.910.1187

*In the event of an emergency, please call, do not text