**Otoplasty** post-operative instructions

**Diet**: please avoid salty foods since it can make swelling worse

**Activity**: to help prevent blood clots in the legs please start getting out of bed, and walking today. No contact activities to the areas of surgery

Sleep with your head elevated above your shoulders for the first 5-7days after surgery.

No contact to the ears for six weeks after surgery

No exercises in which contact to the ear or straining is required (minimizes chances of bleeding). Starting on the day of surgery you should walk.

**Showering**: Starting on the day after surgery you can shower and get wet, but no scrubbing wounds and do not let water hit your ears directly. Gently pat wounds dry. Using a Q-tip with Vaseline ointment, apply small coat to wounds twice a day.

**Medications**: If you are not allergic to Tylenol take 650 mg every four hours as needed for pain

If you need stronger pain please use the prescribed pain medication as needed for pain. If you do take the prescribed medication please do not drive or operate any machinery that may harm anyone.

Please do not take advil, ibuprofen, or other non-steroid anti-inflammatory medications (they may cause bleeding or bruising)

Take the prescribed antibiotics written

Resume your previous medications unless otherwise instructed

Avoid smoking or second-hand smoke.

**Dressing changes**: please change the gauze pads as needed. Use gauze wrap or ace wrap to apply gentle pressure on the ears (goal is to pin back the ears with the wrap). Please wear the compression garment on except to shower.

**Follow up**: During normal business hours Monday-Friday 900AM-500PM please call 210-265-1924 for follow up appointment next week.