

# Otoplasty

## **PREOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY**

Have your prescriptions filled.

Do not take Aspirin, Anaproxin, Ibuprofen, herbs or vitamins for two weeks before or after your surgery. These products may cause bleeding and bruising. You may take Tylenol.

If you take any other medication daily, please notify the Doctor.

You should purchase a Tennis/Sports headband to be worn after surgery.

### **DAY BEFORE SURGERY**

1. Shower and shampoo with Technicare the evening before and the morning of surgery.

2. Do not eat or drink anything after midnight the night before surgery.

### **DAY OF SURGERY**

1. You may brush your teeth and rinse your mouth but do not eat or drink anything.

2. Repeat the shower and shampoo with Technicare.

3. One hour prior to time to be at the office, take the Ativan tablet with a small sip of water.

4. Wear no make-up or nail polish.

5. Prior to surgery, remove contacts or glasses and notify the nurse if you have dentures.

6. Do not bring any jewelry or valuables.

7. Wear loose comfortable clothes that do not have to be put on over your head and flat shoes.

8. You must have someone drive you to and from surgery and stay with you the first night.

### **POSTOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY**

1. You should rest in bed for the first day. Keep your head elevated and avoid sleeping on your side. You may go to the bathroom with assistance. The day after your surgery you are encouraged to start walking and caring for yourself. You should avoid lifting objects weighing more than 10-15 pounds, strenuous exercise and repeated bending for the first week after surgery. Also, you should avoid exposure to extremes in hot or cold during that time. You may resume all normal activities in about two weeks unless Dr. Conkright restricts you.

2. You will have a turban type dressing put on immediately after surgery. Do not

remove this. We will change this when you come in for your first office visit. Bring the Tennis/Sports Headband to the office on your first postoperative visit. This will be used to hold a smaller dressing in place and keep the ears in a secure position until sufficient healing had occurred. You will wear this garment at all times until the doctor advises you otherwise.

3. Bruising and swelling of the treated area is expected and may extend to the face. You should apply ice packs to the treated area during the first 24-36 hours to reduce the bruising and swelling. After 48 hours you may apply heat to the area to help the bruising resolve more quickly. The bruising usually resolves in two to three weeks. The swelling may take several weeks to months to resolve completely.

4. The period of greatest discomfort is usually the first 12-24 hours after surgery. You will be given a prescription for pain medication that should control the discomfort. Take the medication only if you need it and do not take pain medication on an empty stomach.

5. Begin taking sips of liquids as soon as possible after surgery. You may advance to a regular diet as you tolerate it. Avoid spicy or greasy foods for the first 24 hours as they may cause nausea.

6. You will be given an appointment for the first dressing change. Take a sponge bath until the first dressing change. After the first dressing change you should clean the incision daily with peroxide and reapply a light dressing and the headband. The nurse will instruct you as to specific wound care during the first postoperative visit.

7. Things to report to the Doctor:

- severe pain not controlled by the pain medication
- temperature of 101 degrees or higher orally
- more swelling and/or pain on one side than the other
- bleeding that saturates the dressing
- nausea and vomiting