

OTOPLASTY (EAR PINNING) POST-OPERATIVE GUIDELINES

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Take any antibiotics as instructed. It helps to eat cultured yogurt or over the counter Acidophilus tablets while on antibiotics to minimize intestinal side effects.
- Dr. Khosh may instruct you to take the herbal supplement Arnica-Montana. This is intended to minimize bruising.
- You may be prescribed steroid tablets to minimize post op swelling. If so, take them as instructed on the packet. Note that steroids can make you feel anxious; this is a common side effect.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 2 weeks.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

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 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 strenuous activity and contact sports in 1-2 months.

Incision Care

- You may shower 24 hours after removal of the dressing.
- Avoid exposing scars to sun for at least 6 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 3-4 days. After that, wear a clean headband at night for 3-6 weeks.
- You may shampoo your hair in 2 days, or as advised by your doctor. Take care not to bend the ear forward.

What To Expect

- Temporary throbbing, aching, swelling, redness and numbness.
- Large pressure dressings and bandages are applied around the ears and head, turban style.
- 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 are removed, or 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.
- **If you have any questions or concerns you may contact Dr. Khosh at 212-399-9988**