

OTOPLASTY INSTRUCTIONS

Before your procedure, you will need to purchase: A ski band or tennis headband, Q-tips, hydrogen peroxide, bacitracin (or other antibiotic ointment), and your prescriptions.

Six weeks before surgery:

Quit smoking. Smoking impairs wound healing.

Two weeks before surgery:

All aspirin and aspirin-like products (Ibuprofen) need to be discontinued unless your medical condition requires you to take it. (See list of medications containing aspirin or aspirin-like products.) *Please let Dr. Sidle or his staff know if you must continue these medications.*

Evening before surgery:

1. **NOTHING** to eat, drink, or smoke after midnight.
2. Shampoo your hair, and wash your face, neck, and ears thoroughly.
3. You may take your normal prescriptions.

Day of surgery:

1. Nothing to eat or drink in the morning. You may take your medications with a sip of water only. If you have been prescribed an antibiotic, take the first dose with a sip of water before you arrive. If your surgery is in the operating room, you will be given your antibiotic there.
2. Wash your hair normally. Apply no makeup on or around your ears.

After Surgery:

1. Relax and elevate your head and shoulders on 2-3 pillows. Keep your head above your chest to decrease swelling and bruising. A reclining chair works well.
1. Take pain medication every 6 hours if needed. Always take narcotic pain medicine with food to decrease nausea. If you have no pain, do not take the medication. For minimal pain, take Extra-strength Tylenol **ONLY. DO NOT** take aspirin or aspirin-like products such as ibuprofen.
2. If your bandage feels tight, you may loosen the dressing at the top slightly. **DO NOT** remove the bandage the first day. There may be gauze/packing around the ears. Leave it in place for the first 48 hours.
3. If a gauze dressing was placed, remove it 48 hours after your procedure. Replace it with the compressive dressing or headband.
4. Wear the compressive dressing or headband 24 hours a day for the first week. You may remove it to shower, but replace it afterward.

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5. Clean the incisions with hydrogen peroxide, and then apply antibiotic ointment to the incisions 3 times a day.
6. Avoid strenuous activities or heavy lifting for 1 week.
7. Your hearing will be slightly diminished due to your dressing.
8. Call the office immediately if you experience:
 - a. Excessive blood staining on the dressing, or excessive swelling
 - b. Temperature elevations above 101.5
 - c. Extreme pain and or one side being significantly more painful than the other

Other Instructions:

1. After surgery the doctor may place molded cotton around your ears and then wrap your ears in a turban-like manner. There is usually mild staining of the dressing during the first night after surgery. These dressings will remain in place for 1 to 2 days. You will then switch to a removable compressive dressing or headband for the remainder of the first week.
2. You should limit your activities while the dressing is on. Be aware of your diminished hearing, especially in potentially hazardous situations, i.e. driving.
3. Driving a vehicle may be resumed 48 hours after surgery, providing your hearing is adequate and you are not taking pain medicine.
4. You may shower 48 hours after your surgery. **DO NOT** get the dressing wet. Pat your ears dry, rub ointment on the incisions, and replace the dressing after you shower.

General Information:

1. Your ears will be swollen, bruised and red in appearance, and may abnormally thick and large for about 10 days after surgery.
2. Soreness and pain for several days after surgery is normal. Use your pain medication as necessary.
3. After your initial dressing is removed (usually on the first or second day), you should wear a compressive bandage, a ski band, or headband over the ears. The ears should be protected during vigorous activity.
4. Some numbness over the ears may persist in the immediate post-operative period. This usually resolves within 2-3 months.
5. No swimming for 10 days.

**Please do not hesitate to call Dr. Sidle if you have any questions.
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