



## **Post-Operative Care and Instructions for Otoplasty**

### **Care of Incisions**

- Gently clean incisions with Hydrogen Peroxide soaked Q-tips. Then apply a thin layer of antibiotic ointment with a Q-tip 3 times a day (or more if needed), beginning the evening of the surgery.
- Wear an elastic headband snug (not too tight) as needed for comfort and while sleeping for the first 2 weeks.

### **Activity**

- You may shower with warm (not hot) water avoiding direct spray for water on the ear(s) or around the incisions the first day of surgery.
- Keep upper body elevated following surgery. Sleep on back and elevated 30-40 degrees (a recliner is ideal). Sleep elevated for approximately 2 weeks and on your back for approximately 2 months.
- Avoid straining or any activity that causes a feeling of pressure in the face and ears. Check with your doctor before resuming physical activities, including driving.
- Check with your doctor before wearing a hat.
- Talking on the phone should be limited for two weeks following surgery due to pressure from the phone receiver.

### **Diet**

- If surgery performed under general anesthetic: Begin with bland foods (clear liquids, broth etc.) and advance as tolerated.
- If surgery performed under local anesthetic: Resume normal diet.
- Avoid alcohol, nicotine, and caffeine because these will dramatically slow the healing process.

### **Medications**

- Take antibiotic as directed by your prescription bottle.
- Take pain medications as directed. Avoid driving or consuming alcohol with taking prescription pain medication.
- If pain is mild, you may take extra strength Tylenol as directed.