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OTOPLASTY POST OP INSTRUCTIONS

1. Your ears will be sore. This is normal. Keep your dressing dry and intact until your first post operative visit. Dr. White will remove your dressing and instruct you on getting your incision wet.
2. No make up should be used within one inch of the incision area until instructed otherwise. **BE CAREFUL TAKING CLOTHES ON AND OFF. TRY TO AVOID PULLING SHIRTS OVER YOUR HEAD!**
3. Watch for any significant or alarming swelling, redness, drainage or bleeding in the surgical areas. Also note any pain that is out of the range of expected discomfort. If any of this occurs, contact us immediately through the office phone number at any time, day or night.
4. Continue taking **ALL** your antibiotic as prescribed until they are finished. You have been given a pain medication and this can be taken also as prescribed. Be sure not to take **any** aspirin or aspirin containing medications for two weeks after your surgery. If you wish to step down to a lesser pain reliever, Tylenol is acceptable. Normal side effects form narcotics include severe constipation, itching, nausea, and difficulty concentrating. **REMEMBER: DO NOT DRIVE WHILE TAKING NARCOTICS.**
5. It may be more comfortable for you to sleep on 2 pillows, so elevate your head a little bit or sleep in a recliner.
6. Your ears will be very swollen for a few weeks. Try to avoid any pulling on them. No two sides of your face are exactly symmetric. Every effort will be made to make your ears as symmetric and attractive as possible, but we are sometimes constrained by your anatomy.
7. ENJOY YOUR NEW EARS!

APPOINTMENT: _____

