

## OTOPLASTY INSTRUCTIONS

**You will need to purchase:** A ski band or headband; prescriptions.

### **Day of Surgery:**

1. Shampoo your hair, wash your face, neck, and ears thoroughly.
2. If procedure will be performed using local anesthesia, you may need to apply numbing cream (Elamax) beginning two (2) hours before surgery time-see separate instruction sheet.

### **After Surgery:**

1. Relax and elevate your head and shoulders on two (2) pillows.
2. Take pain medication as prescribed every three to four (3-4) hours, if needed. If you have no pain, do not take the medication. For minimal pain, take Extra Strength Tylenol.
3. After surgery, the doctor will place molded cotton around your ears. He will then wrap your ears in a turban-like manner. If your bandage feels tight, you may loosen the tape at the top, slightly. **DO NOT** remove the bandage. This dressing will remain in place for two (2) days.
4. You may shower, but **DO NOT** get the dressing wet. **DO NOT** shampoo your hair until instructed by our office.
5. Once dressing is removed your incision should be cleaned, using a Q-tip, with hydrogen peroxide followed by antibiotic ointment three (3) times a day.
6. Avoid strenuous activities or heavy lifting for one (1) week.
7. After your initial dressing is removed, you should wear a ski band/headband as much as possible for two (2) weeks. The ears should be protected during vigorous activity.

### **Other Instruction:**

1. Be aware of your diminished hearing, especially in potentially hazardous situations, i.e. driving. Driving a vehicle may be resumed 48 hours after surgery, providing your hearing is adequate and you are not taking any prescription pain medication.
2. After surgery, there is usually mild staining of the dressing during the first night after surgery; however, please call the office immediately if your experience:
  - a. Complete loss of hearing.
  - b. Blood on the dressing.
  - c. Temperature elevations.
  - d. Extreme pain and/or one side being significantly more painful than the other.

### **General Information:**

1. Your ears will be swollen, bruised and red in appearance, and may be abnormally thick and large for about ten (10) days after surgery.
2. Some numbness over the ears may persist in the immediate post-operative period. This usually resolves within two to three (2-3) months.
3. No swimming for 10 days.

**Please do not hesitate to call Dr. Hobgood if you have any questions or concerns.**