



HOBGOOD FACIAL PLASTIC SURGERY

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Otoplasty Aftercare Instructions

YOU WILL NEED TO PURCHASE: SKI BAND OR HEAD BAND, PRESCRIPTIONS.

Day of Surgery

1. Shampoo your hair, wash your face, neck and ears thoroughly.
2. **NOTHING TO EAT, DRINK (including water), OR SMOKE AT LEAST EIGHT (8) HOURS PRIOR TO SURGERY IF BEING PERFORMED UNDER GENERAL ANESTHESIA IN A SURGERY CENTER.**
3. If your procedure will be performed using local anesthesia (in-office), you may need to check-in to the office early to apply topical numbing cream one (1) hour before your procedure start-time.
4. Take medications as prescribed/directed if applicable.

After Surgery

1. Relax and elevate your head and shoulders on two (2) pillows.
2. Take pain medication as prescribed every four to six (4-6) hours, *if needed*. If you have no pain, do not take the pain medication. If you have minimal pain, you may 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 *slightly* loosen the tape at the top of your bandage. **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 to do so by our office.**
5. Once your dressing is removed, your incision should be cleaned using a Q-Tip with hydrogen peroxide, followed by antibiotic ointment three (3) times daily.
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 Instructions

1. Be aware of your diminished hearing, especially in potential 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 dressing during the first night after your procedure, however, please call the office immediately if you experience:
 - **Complete loss of hearing**
 - **Blood on the dressing**
 - **Temperature elevations (fever)**
 - **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/or 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 ten (10) days.**

(Continued on back...)

Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) at 480-214-9955 for any active bleeding, persistent vomiting, or a persisting fever that does not come down with the proper use of post-operative prescription medications or Tylenol.