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POSTOPERATIVE INSTRUCTIONS- OTOPLASTY

The instructions listed below are general guidelines for your review. A more in depth discussion about specific instructions for you will take place prior to your being discharged home.

- Take medications as prescribed
- Do not take any aspirin or alcohol for at least two weeks.
- Absolutely no smoking; smoking can lead to serious complications.
- Keep head elevated at all times. Sleep on your back.
- No bending, lifting, or strenuous activity. Avoid sports and exercise for at least two weeks.
- Do not disturb your dressing. If your dressing becomes loose, please call our office
- Do not get your dressing wet.
- The dressings will be changed on your first post-op office visit - usually after seven days.
- Please bring an elastic sweat band with you on your first post-operative visit
- If you have a dressing, keep it dry and intact. If you have no dressing, use an elastic headband at all times.
- **DO NOT TOUCH OR PULL ON YOUR EARS.**
- Once you have returned to exercising, wear your elastic headband during sports and all strenuous activity and while asleep for a period of six to eight weeks.