



POST-OPERATIVE CARE

OTOPLASTY

These are the specific instructions for your otoplasty. Please read them together with your General Post-Operative Instructions, which apply after every surgery. If you have questions, call the office at (410) 266-7120.

Caring for the Area & Daily Activity

- ◆ You may shower and gently wash your face and hair on Day 2.
- ◆ Apply ice packs gently around the ears for the first 3–4 days to reduce swelling and bruising.
- ◆ Wear a protective head wrap that lightly covers the ears for at least one week after surgery, especially at night while sleeping.
- ◆ Avoid any activity that could accidentally pull the ears forward.
- ◆ Sleep on your back to avoid pressure on the ears.
- ◆ Do not wear earrings until cleared to do so by the surgeon.

You can expect:

- ◆ Throbbing, soreness, and a tight feeling of the ears.
- ◆ Numbness and tingling of the ears.
- ◆ Swelling that settles over several weeks.
- ◆ Some bloody drainage on the dressings.
- ◆ To shower and gently shampoo your hair after the dressings are removed. Do not use a blow dryer unless instructed otherwise by the surgeon.

Call the office if you experience:

- ◆ Bandages seem too tight
- ◆ Appearance of operative site becoming increasingly red or feverish

As time goes by and you are healing, the following guidelines apply:

- ◆ There may be some numbness in the ears, but normal sensation typically returns over time.