

## Pre and Post-Operative Instructions for Otoplasty

### Charleston Plastic Surgery

**You have undergone major surgery. For a speedier recovery, please follow these instructions:**

- Someone must be with you for the first 24-48 hours following surgery. This is to make sure you are taking our medicine properly, to assist you when walking if needed, and to get in touch with us if needed.
- Post-Operative prescriptions will be filled and ready for you to take home the day of surgery. Please review the pharmacist's printed instructions as well as potential adverse reactions. *Please be sure to take your antibiotic until it is gone.*
- Purchase two or three tennis headbands or sweatbands for your head.
- NAUSEA: Mild nausea is common after surgery. If you have moderate to severe nausea, please use Phenergan suppository as directed. If vomiting occurs, use ice chips until clear liquids can be tolerated.
- PAIN: You will be given prescription medications for pain and muscle spasms, please take as directed on the bottle. Starting the day after surgery we want you to take Ibuprofen 200mg, 4 times per day. You will be taking this in addition to your prescription pain medication to help reduce inflammation and swelling. When you are off the prescription pain medicine during the day, you are welcome to increase the Ibuprofen to reduce inflammation/swelling AND for pain. You may take Tylenol if you are allergic to Ibuprofen or if you are not allowed to NSAIDS. Please do not exceed 3200mg of Ibuprofen or 4g of Tylenol per day. Remember, narcotics may cause constipation, please drink plenty of water. You may use a stool softener if you have not had a bowel movement in 3 days.
- SMOKING: No nicotine is tolerated at least 4 weeks prior to surgery and for at least 8 weeks after surgery. Avoid secondary smoke. Nicotine will constrict blood vessels, leading to poor wound healing.
- DRIVING: Do not drive a car or operate machinery for at least 24 hours and until you are no longer taking narcotics.
- EXERCISE/ACTIVITY: Please be sure to walk around the house the day after surgery to prevent post-operative complications. Please be sure to have assistance when you first get out of bed. Gradually work up to your normal daily routine. For the first week, you should not lift anything greater than 10lbs and walking should be your only form of exercise. Further lifting instructions will be given to you at your first post-operative appointment but typically you should not lift anything greater than 30lbs and only low impact exercises from week 2 to week 6.
- REST: Bed rest is recommended for the first 24 hours. You may be up for meals and to use the restroom with assistance. Keep your head elevated on two or more pillows. Do not lie on either side of your face.
- COMPLICATIONS: If you experience a sudden fever of 101 or greater, increased swelling, redness, heat, or profuse bleeding please call our office for advice: 843-722-1985

### Specific Instructions:

- BROMELAIN: We ask that you start taking Bromelain to prevent bruising. You will start this medication 5 days prior to surgery. It can be purchased at our West Ashley office.
- ARNICA: You will start taking Arnica the day after your surgery to help reduce bruising. It can be purchased at our West Ashley office.

- You may have some bloody drainage on the dressing. You may cover this with gauze and tape but do not remove the dressing.
- Your dressings will be changed at your first post-operative visit. Headbands are usually required for approximately one month. Use Dial soap or baby shampoo for the first week. Be careful with the stitches behind the ears, they will come out by themselves.
- If you use a blow dryer for your hair do not use heat.
- Do not push or pull the ears forward from their normal position for six weeks after surgery.
- You may shower after 24 hours.
- More instructions will be given at your first post-operative visit.