



## **POST-OP INSTRUCTIONS – Otoplasty**

### *After Surgery:*

Post-operatively a bandage is worn for about 3-5 days around the ears and head to compress the ears and allow for comfortable sleeping.

Following you or your child's otoplasty, it is imperative that you keep your head elevated on at least 2-3 pillows for 48-72 hours. This is to reduce swelling in the area which will in turn reduce pain.

Once the bandage is removed, we will have you or your child wear a headband at night for 4-6 weeks to compress the ears and prevent springback.

You or your child will have pain medication to take as needed for the pain. The pain medication is to be taken on an as needed basis, not as a routine medication and not for a prolonged period of time. As soon as you feel able we would like for you to begin using Tylenol for relief.

The ears appear swollen and bruised for 1-2 weeks after surgery. Small sutures are removed from behind the ear around 5-7 days after surgery. There may be small blue marks on the ear that will go away with time.

Please keep all sunlight off the ears for 6 weeks after surgery.

If you are having excessive pain or pain with pressure please call the office at 248-322-3362. If it is after hours, call the answering service at 313-745-0203 and enter 0978#. This will call the physician on call and have them contact you.

*The above instructions have been explained to me and I understand the contents.*

*Patient Signature:*

*Date:*