



OTOPLASTY (EARS PINNED)

AFTER YOUR SURGERY

- You will likely feel drowsy upon waking up from anesthesia.
- You will see/feel swelling and bruising of your ears. You will experience a "tight" sensation.
- Blurred vision for the first few hours.
- Numbness of the skin around your ears.
- Moderate discomfort.
- Moderate bleeding from wound edges, especially the first day.
- Headache
- Bulky dressing around your head. Please do not remove or change this dressing.
- Do not sleep on your ears.
- Do not lean over with your head lower than your chest.
- Keep head elevated with 3-4 pillows, a foam wedge, or recliner chair to reduce swelling.
- Rest, yet keep moving. Rest is important, although it is equally important to walk inside for 5-10 minutes every couple of hours while awake.
- Take the medication, as directed, to address any discomfort. The period of greatest discomfort does not usually last more than 24-48 hours.
- Your pain medication may constipate you. Be sure to take in plenty of good fluids such as water, broth, or sports drinks. Milk of magnesia can be purchased from the local drug store to help with constipation.
- No alcohol.
- No lifting over 10 pounds, no pushing/pulling, do not allow your heart rate above 90 bpm.
- You may not wash your hair until after your postoperative visit approximately 1 week after surgery. You may wash the area with a cloth as best you can.
- NO smoking. Avoid being around those who are smoking.

CALL THE OFFICE IF EXPERIENCING

- Pain not controlled by the prescribed medication.
- Excessive or sudden swelling/bruising on one ear.
- Sudden change in hearing.
- Protruding ear.
- Bright red drainage on dressing that continues to enlarge.

- Temperature higher than 101 degrees F.
- Severe nausea and vomiting.
- Pain in calf, knee, groin, or shortness of breath.
- Continuous dizziness or unusual behavior.

2 TO 7 DAYS FOLLOWING SURGERY

- During this time, you can expect to slowly progress day by day.
- Do not lean over with your head lower than your chest.
- Keep head elevated with 3-4 pillows, a foam wedge, or recliner chair to reduce swelling.
- Please be sure to speak with Dr. Shell before you begin to drive or return to work or a regular routine at home.
- Do not sleep on your ears.
- Do not submerge your head under water or get your dressings wet. They will be removed at your first post-operative appointment approximately 1 week after surgery.
- Continue a well-balanced diet with adequate hydration.
- Advice exposure to sun and heat.
- Continue to take prescribed pain medications as needed.
- Begin to transition from prescribed pain medication to over the counter alternative. Dr. Shell and staff can guide you through this as needed.
- Avoid exercise other than walking. Leisurely daily walks will help you feel better and prevent blood clots.
- Make sure to get up and move for about 10-15 of every 60 minutes while awake.
- NO smoking. Avoid being around those who are smoking.

1 TO 4 WEEKS FOLLOWING SURGERY

- Healing is a gradual process. It is normal to feel discouraged while waiting for swelling, bruising, discomfort, and numbness to diminish. Extra rest, a nutritious diet, and avoidance of stress are important aids to recovery. Once cleared by Dr. Shell, you may take Aspirin, Advil, Aleve, etc. at this time.
- Sutures on your ears will be removed approximately 14 days after your surgery.
- Wear the compression headband at night when you sleep for two weeks after your sutures are removed. This helps to prevent your ears from being "snagged" on your pillow when you roll over.
- Wash incisions daily with Dial antibacterial soap and pat dry with clean cloth.
- Apply antibiotic ointment to incision lines 3-4 times daily until your sutures are removed.
- Keep head elevated with 3-4 pillows, a foam wedge, or recliner chair to reduce swelling.
- Once cleared by Dr. Shell, you may ease back into your workout routine.
- Continue to avoid sun exposure and heat. Use sunscreen on incision as it may tend to hyper pigment.
- NO smoking. Avoid being around those who are smoking.

4 TO 6 WEEKS FOLLOWING SURGERY

- Overall swelling continues to subside and you will begin to settle into your natural appearance. Tenderness, tightness, skin numbness, or bruising (if remaining) will continue to diminish.
- You may submerge your head under water, following complete healing of your incisions.
- You may sleep completely flat. There is no need to keep your head elevated.

THE FIRST YEAR

- Continued refinements in the appearance of your ears may take up to one full year.
- Appearances continue to change with age. Just as other areas of your body may change with age, so can your ears.
- Avoid direct sun exposure to scars the first year.
- Call our office if you notice a stitch coming up like a bristle brush along your scar. If the area around the stitch looks red and irritated, you may need antibiotics.
- Call our office if your scar becomes raised and/or ropy.