



# *Renaissance Clinique*

*Beauty through Art, Science & Technology*

## **Otoplasty(ears) post-operative instructions**

1. After getting home, continue resting comfortably for the next 24 hours with your head elevated.
2. Sleep on your back with 3 to 4 pillows behind your head and back. Avoid any pressure on ears.
3. After surgery, you will have a large dressing in place around the head covering the ears for the first 24 hours. On the next after your surgery the doctor will remove your dressing and may or may not give you a headband to wear. This headband is worn for your comfort and reminder of the surgery as caution. If your surgery was performed on a Friday, you may remove the dressing carefully 24 hours after surgery.
4. To help minimize swelling and discomfort, you may apply ice cold compresses to the ears during the first 24 hours after surgery. Swelling around the ears is a normal occurrence and the amount depends on the extent of the surgery as well as the individual's tendency of bruising.
5. If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea. Tylenol (Acetaminophen) may be taken in the place of your prescription.
6. If you were on the Vita Medica supplement plan you may resume after getting home. No other medication should be taken for the first 10 days after surgery. Avoid alcohol while taking any medications.
7. If you were discharged with an oral antibiotic it should be taken through its full cycle as directed.
8. Call your doctors office immediately if you experience any of the following symptoms: Temperature above 101.8°F, shakes and chills, severe unrelieved pain, or increased bleeding noticed on the dressing.
9. Do not engage in any strenuous activities for the next 3 weeks after surgery or as instructed by your doctor.
10. You can expect edema (swelling) as well as ecchymosis (bruising) around your face after surgery. The amount of edema and ecchymosis depends on the extent of surgery as well as the individual's tendency to bruise.



# *Renaissance Clinique*

*Beauty through Art, Science & Technology*

12. It is greatly suggested to use sunblock with a minimum of SPF 15 for the next 3 months to help protect your incision sites from burning. All fresh new scars are hypersensitive to sunlight, causing a tendency to burn.

13. Be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.