



### Post-operative Instructions Otoplasty

- 1. Pain/Bleeding** – Pain and bleeding is variable; discomfort is to be expected. Do not perform any exercise, as this will increase the pain as well as bleeding. **Elevation of the head** is an important activity to decreasing post-operative pain in the first few days. **DO NOT take Aspirin, Aspirin containing products, Ibuprofen, Advil®, Motrin®, Vitamin E or Gingko** for **2 weeks** after surgery. Do not plan any projects during the first week post-operatively. Take pain medications as prescribed with at least some food in your stomach – remember, the first night will likely bring some nausea from the general anesthetic, therefore no large meals.
- 2. Wound care** – In most cases, the dressing is removed the next day. After dressing removal, clean wound with hydrogen peroxide twice a day followed by an over-the-counter antibiotic ointment such as Bacitracin® or Neosporin®. The sutures will be removed 1 week after otoplasty. If wound becomes painful, or redness, swelling, and/or drainage develop, call Dr. Jungkeit's office at the number below for further instructions.
- 3. Water precautions** – Avoid exposure of the suture (stitch) area behind the ear to water. Swimming is not advisable for at least 2 weeks. Avoid scrubbing the suture area during hair washing; dry area immediately and re-apply ointment.
- 4. Ear protection** - The ear should be protected from manipulation or injury for at least 6 weeks. An ear dressing for protection will be provided and should be worn at night or at any time injury may occur. The ear dressing will be necessary for the first 2 weeks.