



OTOPLASTY PRE-OP AND POST-OP INSTRUCTIONS

PRE-OPERATION CARE

- Stop taking any NSAIDs such as Advil, Motrin, Ibuprofen, Celebrex, Aleve, Naproxen 2 weeks prior to surgery.
- Refrain from alcohol use for at least 1 week prior to surgery.

POST-OPERATION CARE

- Apply antibiotic ointment to your incisions 2-3 times daily.
- Wear your head compression garment 24-hours a day (except when bathing) for the first week after surgery.
- Wear your head compression garment at least while sleeping (ok for 24/7) for the second week after surgery.
- It is normal to have numbness/tingling after surgery. This may take weeks to months to resolve.
- It is normal to have some bruising and swelling after surgery. If it is severe or worsening please call the office.

ACTIVITIES

- No heavy lifting or strenuous exercise for 2 weeks after surgery.
- Do not lift more than 20 pounds for two weeks after surgery.

DIET

- You may eat and drink anything you like immediately after surgery. Refrain from alcohol for 7 days.

MEDICATION

- A prescription for a narcotic pain medication may be provided to you. Take this as needed. It can cause a little nausea, so it is best to take this with food.
- Once the pain has improved, it is OK to exchange the narcotic pain medicine for plain Tylenol as directed on the bottle but there is Tylenol in the narcotic so do not take them together. Do not exceed more than 4000 mg of Tylenol per day as this can damage the liver.
- Nausea medication will be prescribed. Take this as needed.
- If any refills are needed, please call the office before you run out, preferably on a weekday, so we can have time to prescribe a refill before you run out.

DRIVING

- You may drive if you are not taking the narcotic pain medication.

BATHING

- You may shower or bathe below the neck beginning immediately after surgery. Do not soak the incisions.
- You may bathe normally once cleared by the physician.

RETURN TO WORK OR SCHOOL

- Most patients take about 1 week off work or school.
- If you do not perform strenuous activity at work, you can return to work in a few days if your pain is controlled

NOTIFY OUR OFFICE IMMEDIATELY

- If you have severe pain that is not controlled by the pain medication that was prescribed.
- If you have severe or worsening swelling and bruising or difficulty breathing.
- If you have severe bleeding.
- If you have fevers above 100.3 F or swelling and redness of the neck.

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A Division of ENT and Allergy Associate of Florida

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