

Otoplasty

Postoperative Instructions

DIET

You may eat a normal diet. However, start with clear liquids and bland foods such as toast or crackers and advance to a more normal diet as tolerated.

ACTIVITY

Excessive exercises or exposure to warm areas should be avoided as this causes more sweating beneath the bandages. No contact sports or swimming should be engaged in for two months.

You may bathe or shower as long as you do not get the bandages wet. Avoid shampooing your hair until after the first post-op visit. At that time your doctor will tell you when it is appropriate to shampoo your hair.

WOUND CARE

Keep your head elevated and avoid increased pressure on the ears.

A little bleeding is common during the first few days following surgery. If bleeding should occur, hold direct pressure on the area for 10 minutes.

You will have a dressing in place over your ears. Keep the wound covered with a bandage/headband. You may apply antibiotic ointment when changing the headband. Wear the headband for at least one to two weeks. Continue with wound care until the area is well healed. If you have non-dissolving stitches, continue wound care until the stitches are removed, some stitches are absorbable and will not be removed.

A slight fever, up to 101°, is not unusual during the first and second day after surgery. This is expected and will improve as the general healing process of the tissues continues.

MEDICATIONS

Take the pain medicine as prescribed. For the first 24 to 48 hours you will be more comfortable if the medicine is taken regularly rather than waiting long periods between doses.

Take the antibiotics as prescribed. This is the medication that is started the day before surgery.

Take the nausea medication as prescribed.

WHAT TO REPORT TO YOUR DOCTOR

- Unusual or severe pain unrelieved by your medication.
- Excessive bleeding or continued bleeding not decreasing over time
- Excessive swelling and or redness of the surgery site
- Persistent vomiting
- Discomfort from a full bladder or have not urinated in 8 hours
- Temperature over 101° F

FOLLOW-UP APPOINTMENT

Your follow-up appointment with Dr. Mark Leyngold is scheduled for_____.

If you have any problems, concerns or questions, please CALL THE OFFICE at (208)900-4673. Follow the instructions for the doctor on call. If you feel your symptoms are an emergency, go to the Emergency Room closest to you or call 911.



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