

POST-OP INTRUCTIONS OTOPLASTY (Ear Pinning) SURGERY

The following is a list of general instructions for your care following your Otoplasty surgery (ear pinning). Please read them carefully as most of your questions should be answered here. Carefully following these instructions should help you get the best results from your procedure.

Daily Care

Your dressing after surgery will remain on until the following morning. It is important to relax and keep your head elevated the night after surgery. Starting the morning following your surgery you may go over suture lines behind the ears a few times daily with hydrogen peroxide on a Q-tip. After this apply a liberal amount of Bacitracin or neosporin ointment. The Stiches behind the ears are dissolvable.

1. Your headband will be placed over the ears following surgery. Please try to wear it at all times the first two weeks following surgery-this is important to keeping your new ears in position. You may shower the second day following surgery.
2. Be sure to report immediately any signs of bleeding that persist for more than ten minutes, infections, redness, fever, unusual drainage, or pain.
3. Following two weeks, please wear your headband at night until the six-week point.
4. Use Ice packs wrapped in a towel and lay on either ear for 20 minutes on each side. This will help greatly with pain and swelling.

What to expect

Swelling: Swelling will vary patient-to-patient. Swelling may actually increase the first three to four days before subsiding. Most of your swelling should resolve over the first two to three weeks. Do expect, however, to have minor fluctuations in the remaining swelling over the course of the next two to three months. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two to three weeks, avoiding bending over or heavy lifting for the first three weeks, and avoiding prolonged sun exposure for the first two to three months.

Discoloration: Bruising will vary like swelling from person to person. Most bruising and discoloration should resolve over the first two weeks.

Numbness: Your ears may be numb following surgery. This is normal and will subside over the coming weeks to months. Unusual sensations, pins and needles, and occasionally mild discomfort may occur as these nerves regenerate over time.

Expectations: It is not uncommon for patients to go through a period of mild depression after cosmetic surgery. This typically occurs the second week after surgery while some of the swelling and bruising still persist and yet the patient is anxious to see a final result.

Realize this is a temporary condition and things will improve. Focus on diligently following the wound care as well as other activities to help divert your mind.

Restrictions

1. No strenuous exercise for at least two weeks.
2. No heavy lifting for three weeks.
3. Avoid “pull-over” clothing for two weeks.
4. Avoid hard chewing foods for two weeks.
5. No contact sports for six weeks.

The healing time for ear surgery is often less than expected and the results are worth the wait. While swelling should be completely gone after four to six weeks, your healing will continue for the entire first year.