

GUIDELINES FOR OTOPLASTY SURGERY

Immediately following the ear reshaping surgery, you will likely have a head dressing (gauze compression wrap placed around the ears) in place. Keep the head dressing dry. It is normal for this dressing to feel somewhat tight. It is also normal for this dressing to feel even tighter during the first 3-4 days, which primarily reflects the swelling that ensues during this period of time after the surgery. If the pain happens to spike suddenly and/or there is a big difference between the left and right sides, contact Dr. Hilinski to discuss the situation. Pain should be relatively well controlled with the narcotic medications prescribed to you.

Sleep with the head elevated above your heart level for the first full week of recovery. Use a travel pillow to help minimize chances of rolling over on your ears while sleeping.

Once Dr. Hilinski has switched you to a dressing that can be easily changed (usually 3-5 days after surgery), you will need to apply an antimicrobial ointment (over-the-counter ointment such as Bacitracin) to the incision lines. This should be done behind the ear *without* pulling the ear forward. Very carefully apply a generous amount of the ointment with a Q-tip. This should be done 2-3 times per day at this point.

It is normal for the ears to appear swollen and bruised for upwards of 10 days following surgery. During this time the normal surface landmarks of the ear can become obscured.

Do *not* shower until Dr. Hilinski has given you permission to do so.

Our office will typically provide you with a prescription for postoperative medication (a narcotic pain reliever and an antibiotic). The narcotic medication is used *after surgery* for pain relief. The antibiotic is started *after surgery* once you get home. If a prescription was not provided to you in advance of your scheduled surgery date, please contact the office to have one called in to your local pharmacy. These medications should be picked up **before** your scheduled date so that you have them available once you get home from surgery.

Arnica is a homeopathic medication that helps reduce swelling in many cases and should be started 1-2 days prior to your scheduled surgery date. Arnica should be taken after surgery as well for upwards of 7-10 days.

By the end of the first week of the healing process, Dr. Hilinski will likely allow you to go without the head dressing during a majority of the day. But he recommends you wear something around the ears at night (while sleeping). Most patients will get an elastic sweatband to serve this purpose. This type of dressing should be worn at night while sleeping for upwards of 8 weeks after the ear surgery. Some patients will be concerned about the dressing contributing to an over-corrected appearance to the ears (the ears being stuck too close to the surface of the head). However, this is very unlikely and should not preclude you from wearing the dressing as recommended.

Avoid any strenuous and/or vigorous activity until cleared by Dr. Hilinski.

Confirm a follow-up appointment with our office.

Call our office immediately if you have any additional questions or concerns.

In case of an emergency, call 911 for immediate assistance.

I ACKNOWLEDGE UNDERSTANDING OF THE ABOVE _____ (PATIENT SIGNATURE)