

## GUIDELINES FOR MACROTIA

### PRE-PROCEDURE

1. There are a number of over-the-counter supplies you should obtain prior to your surgical date. All of these can be purchased at your local pharmacy. These include:
  - a. Quality-tips, or Q-tips.
  - b. A small bottle of 3% hydrogen peroxide.
  - c. A tube of Bacitracin ointment. We recommend you avoid Neomycin.
2. Avoid all medications listed on our current 'Restricted Medications' list for at least 14 days prior to your surgery. If you misplace the one provided to you, the list is always on our website for you to download and reference. Tylenol is acceptable to take if you are having any pain symptoms leading up to surgery. If you have any questions regarding medication use, please contact our office.
3. Dr. Hilinski typically provides you with a prescription for postoperative medication (narcotic pain reliever) prior to your surgical date. If a prescription was not provided, contact our office to have one sent to your local pharmacy. This medication should be picked up **before** your scheduled date so that you have it immediately available after leaving the center.
4. You must arrange for proper and timely transportation to and from the surgery center. Typically you will need to arrive one (1) hour prior to your scheduled surgery time, but confirm this time with the staff. Your ride home must be with a responsible adult. You cannot take a cab, Uber, Lyft, or equivalent.
5. Be prepared to have a responsible adult remain with you for at least the first 24 hours after surgery to assist with your needs. If you don't have a trusted individual to stay with you, we can assist with hiring a professional caretaker in advance. But, this will be at your expense.
6. Do not apply any make-up, face creams, or moisturizers on the day of surgery. You should dress in comfortable, loose-fitting clothing – preferably a button-down shirt. Please do not bring any unnecessary valuables with you to the office.
7. Nail polish must be removed to allow for proper monitoring of your oxygen levels. Acrylic nails must be removed from at least 2 fingers (1 on each hand) to allow for proper oxygen monitoring.
8. You should remove ALL piercings from your body.
9. You must avoid eating and drinking (including water) after midnight the night before your scheduled surgery date.

### AFTER CARE

1. Immediately following the ear 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 2-3 days, which primarily reflects the swelling that ensues during this period of time after the surgery.
2. Begin taking the pain medication as directed. It may take several dosages of the pain medication before you feel the full effects taking place.
3. 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.
4. Once Dr. Hilinski has removed the ear dressing, you will need to clean the incisions and sutures. Cleaning the wound properly is critical for achieving an ideal result. If you fail to do this properly, it is your fault. If you have questions regarding this, please inquire in advance of your surgery date.

5. The following should be done 2-3 times per day for 5-6 days after your surgery. During each cleaning session:
  - a. Use a Q-tip dipped in hydrogen peroxide to first gently, but thoroughly, clean the skin sutures (stitches). Normally you can dilute the over-the-counter hydrogen peroxide 1:1 with clean water. A gentle swipe of the saturated Q-tip along the sutures will help remove blood and debris that would, otherwise, accumulate. **YOU DO NOT WANT ANY SCABBING TO OCCUR.** The endpoint of this step is to not allow anything to accumulate along the sutures.
  - b. Dry the peroxide with a clean, dry Q-tip.
  - c. Apply a generous layer of Bacitracin ointment using a Q-tip.
6. Do NOT attempt to bend the ear forward – even when trying to clean the incisions and sutures on the backside.
7. 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.
8. Showering from the shoulders down is fine as of the following day. You should not get the ears wet in the shower until the initial compression wrap has been removed.
9. Continue to refrain from using any medication on the 'Restricted Medications' list for at least one week after surgery.
10. Avoid any strenuous and/or vigorous activity for at least 2 weeks following the procedure.

## **QUESTIONS?**

Call our offices immediately at (619) 296-3223 if you have any questions or concerns.