

OTOPLASTY POST-OPERATIVE INSTRUCTIONS

Supplies to have at home before surgery:

- Prescription medications
- Acetaminophen (Tylenol) and ibuprofen (Advil)
- Dimenhydrinate (Gravol) (anti-nausea medication)

Activity:

- Keep your head elevated to decrease swelling. This can mean sleeping in a lazy-boy recliner or with at least 2 pillows while in bed.
- Avoid excessive physical activity, bending over, or lifting objects greater than 10 lbs
- Don't sleep with pets in bed for the first week after surgery
- Avoid smoking or exposure to second-hand smoke

Medications:

- Ibuprofen (Advil) 400 mg is to be taken 3 times per day: breakfast, lunch and dinner with food. **NEXT DOSE:**
- Acetaminophen (Tylenol) 500 mg is to be taken 4 times per day: breakfast, lunch, dinner and bedtime. **NEXT DOSE:**
- Narcotic prescription hydromorphone (Dilaudid) or Tylenol #3 is to be taken every 4 to 6 hours, ONLY as needed. **NEXT DOSE:**
- Antibiotic (cephalexin or clindamycin) is to be started the morning after surgery until completed
- Resuming blood thinner medications should be discussed with your surgeon before starting them post-operatively
- Dimenhydrinate (Gravol) may be taken according to package instructions for post-operative nausea and vomiting

Wound Care:

- The dressing on your head is to **remain ON at all times** until your first follow-up appointment
- This dressing is to remain dry
- If the dressing loosens, please contact the clinic to have it reinforced
- If you experience a sudden increase in pain in one of the ears, please contact the clinic or Dr. MacArthur immediately

First Post-operative Appointment:

- The head dressing will be removed
- All sutures behind the ear are dissolving and do not need to be removed. They will fall out in 3-6 weeks.

Recovery:

- You may shower after the dressing has been removed at the first post-operative appointment
- After showering, gently dry your incisions and apply a thin layer of polysporin along the incision daily for one week
- A headband should be worn over your ears while sleeping for the first month after surgery. This will not be provided.
- Asymmetry after this surgery is expected early in the recovery process
- Final ear position and symmetry is visible at 3 months after surgery

RED FLAG SYMPTOMS:

If any of the following symptoms develop post-operatively, please contact the clinic immediately.

- Increasing pain, redness, foul odour or drainage from the incision
- Fever exceeding 38.3°C
- Excessive bleeding
- Sudden onset of chest pain or shortness of breath (For chest pain lasting longer than 5 minutes, call 911)
- Pain or swelling of the leg
- Persistent dizziness or loss of consciousness
- Coughing up blood or bloody stool

If you develop any of these symptoms and are unable to reach the clinic or Dr. MacArthur, present to the nearest Emergency Room.

Do not hesitate to call with any questions or concerns.

Clinic business hours (9AM to 4 PM): 613-595-1880

After hours: 613-219-9636 (Dr. MacArthur Cell)

Patient signature: _____

Date: _____

RN signature: _____

Date: _____