

## **Otoplasty Pre and Post Op Instructions**

### **To and From Surgery**

On the day of surgery, plan for someone to drive you home, we recommend that you have someone watch over you at home as well. Be sure you have read and completed the Newport Beach Surgery Center paperwork before you arrive. You can call the surgery center to get more detailed instructions. Make sure you know how to get to the surgery center so you can be on time. You should not drive for one week after surgery.

### **Diet**

Do not eat or drink anything for eight hours before surgery. After surgery, be sure to drink enough water to prevent dehydration. After arriving home from the surgery center, avoid heavy solid foods the rest of the day.

### **Physical Activity**

After surgery you may feel tired, sore, and may have some bruising. Be sure to get some rest until the effects of the anesthesia have worn off. If at any time you feel dizzy after surgery lie down until you feel normal again. You may engage in normal activity, but do not do anything to elevate your blood pressure for at least a week. This will cause bleeding in the area which may result in a hematoma.

### **What to Wear**

Be sure to wear comfortable clothing such as a loose fitting zip up and sweat pants to make it easier to get dressed afterwards.

### **Medication**

Discontinue taking aspirin, ibuprofen, and vitamin E one week before surgery (refer to the aspirin instruction sheet). Do not resume taking any aspirin, ibuprofen, or Alleve until 5 days after the surgery. Get your prescriptions filled a few days in advance to take after surgery. Take your antibiotics until the bottle is gone, and take your pain medication as needed. Each person experiences pain differently, but most patients experience the most pain the first day following surgery.

### **Wound Care & Bathing**

The postoperative dressing consists of a complete head dressing that will be removed a week later, and it is important to keep this dry. Because of the dressing most children will stay home from school for a week after surgery until its removal. Following this, a headband or hat which covers the ears will need to be worn for an additional two weeks. It is especially important to wear this at night. This protects the ears from inadvertent forces that can pull or move the ear and potentially break the stitches that keep it folded. It is normal to have swelling and bruising of the ear. Please do not ice the wound or area near the wound unless given clearance by Dr. Doezie. It will take about a month before all the swelling is gone.

The stitches that are used for the back of the ear are usually absorbable and fall out after 7

days or so.

Showering/Bathing: A shower or bath may be taken to wash your body, but keep the dressing dry. Once the dressing is removed the ears can get wet in the shower.

Call Dr. Doezie if there are recent signs of redness, swelling of the ear. Also call if there is a sudden increase in pain of one of the ears.

### **Follow-Up Visits**

You will come into our office the day after surgery for a follow up visit with Dr. Doezie. A week after the surgery you will come in to our office to have the stitches removed. If you are on pain medication you need to have someone drive you to our office. Dr. Doezie will let you know when to make the rest of your follow-up visits.

### **What Bring to the surgery center:**

Photo ID

Credit Card (no personal checks)

### **Other Suggestions:**

Paper or plastic bag for the car ride home just in case

A pillow for comfort on the way home

A bottle of water