



DAINES PLASTIC SURGERY OTOPLASTY

BEFORE SURGERY:

- Please do not take **aspirin, naproxen, ibuprofen, vitamin E, flaxseed oil, fish oil,** or **ANY herbal supplements** for 2 weeks prior and 1 week after surgery.
- Wear something comfortable the day of surgery and a top that will not need to be pulled over your ears such as a button-down shirt.

AFTER SURGERY:

- You should drink clear liquids immediately after surgery. You may then slowly advance to a solid diet beginning with bland foods.
- To reduce swelling, sleep with the head of your bed elevated for two weeks.
- You will have minor to moderate discomfort at the surgical site. Your ears may be quite swollen and bruised.
- Leave the fluff dressing in place over your ears until your follow-up visit. Keep the dressing dry. Please call if your dressing comes off on accident.
- You should avoid heavy lifting (greater than 10 lbs.) and strenuous activity for 3 weeks after surgery. Contact sports should be avoided for 6 weeks.

AFTER YOUR FIRST POST-OP VISIT:

- You will have a lighter dressing placed that should be removed in 2 days.
- After your dressing is removed, you may notice dried blood or light scabs along the suture lines. If so, gently clean the incisions twice daily with dilute hydrogen peroxide. Use a Q-Tip and roll or dab over the incisions (do not rub).
- After cleaning your incisions, apply a thin layer of vaseline/aquaphor antibiotic ointment to them. After one week, discontinue use of the vaseline/aquaphor.
- Take your antibiotic and pain medication as directed.
- Sleep with an athletic headband (sweatband) around your head and ears for 6 weeks after surgery.
- Please notify our office if you experience uncontrolled pain, fever, increased redness or swelling, or any other symptoms that concern you.
- After approximately one week you will have an appointment to remove your sutures.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, DO NOT HESITATE TO CONTACT US AT THE
OFFICE (949) 209-1622**