

## PURE PLASTIC SURGERY

### Otoplasty Post-Operative Instructions

#### Immediate Post-Operative Care

1. Your first post-operative appointment will be with our staff the day after your surgery. This appointment will be virtual, unless you have a massage appointment scheduled with us.
2. Your second post-op visit will be with a surgeon within a week after your surgery.
3. Do not take any aspirin-type products for 2 weeks after surgery. Only use the pain medication prescribed by the surgeon.
4. Rest with head elevated at least 30 degrees or on 3 pillows. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
5. Apply a cold compress to your ears three times a day for the first 24 hours (20 minutes on and 45 minutes off).
6. You should rest quietly and comfortably for the first 24 hours after surgery.
7. Please limit ALL activities for the first week following your procedure. Only walking is allowed starting the evening of surgery.
8. Follow a liquid diet for the first day after surgery and transition to a soft diet for the next 2 days.
9. Please do not use sunglasses or eyeglasses for 2 weeks after surgery.
10. You will have a large head wrap dressing placed after surgery. The wrap will be removed 24 hours after surgery.
11. Please use a headband to protect your ears after surgery (especially at night) for 4 weeks.
12. You may wash your hair after your first office visit when your dressings are removed. Please follow shampoo instructions below.

#### Long-Term Post-Operative Care

1. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum**.
2. No smoking is allowed 4 weeks before and 4 weeks after surgery. Ideally you would never smoke ever again.
3. Do not undergo any dental procedures for 6 weeks before and after surgery to avoid infections.
4. Before you plan to perform any vigorous activity or sport/travel please notify the office/surgeon.
5. Please avoid all direct sun exposure for 8 weeks after surgery. Start using sunscreen 7 days after surgery every day and use it for the rest of your life to minimize scarring. After 8

weeks, you can be exposed to direct sunlight if you apply SPF 50 or greater sunscreen and reapply every hour.

### **Shampoo Instructions After Otoplasty**

1. Do not shampoo your hair until you have been seen by the surgeon.
2. Once you have come to your first postoperative visit and the surgeon has agreed that you can begin shampooing your hair you can do so on a daily basis.
3. **DO NOT** pull your ears away from the side of your head as this can cause damage to the sutures used to close your wounds.
4. You may use your blow-dryer on the COOL setting to dry your ears.
5. **DO NOT** use any hot rollers or hair pins.
6. Gently comb or brush your hair using extreme care around the ears and sutures.

### **Post-op Concerns**

Most post-op questions can be answered during your post-op visits. However, we are always available to answer your questions through our HIPAA compliant text messaging system Klara. If you are experiencing any of the following, please call the office:

1. You experience any fever (101.5 or higher taken with a thermometer), shortness of breath, chest pain or unusual pain in the operated area.
2. You have bright red bleeding that saturated or oozed the pads (pink or translucent oozing during the first few days is normal).
3. You have severe pain that is not responding to medication or if the incisions are showing signs of infection (such as redness that spreads away from the incision to the adjacent skin and is extremely tender), foul odor drainage through the incisions.

The office can be reached directly at **305-230-4326**

**IMPORTANT:** Do not use Klara for urgent messages between 5pm and 9am Monday-Friday and on weekends. Our staff does not review Klara messages outside of office hours. For urgent medical questions, please call the office and, if we are closed, you will be transferred to the after hours answering service.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:  
Kendall Regional Hospital  
11750 SW 40th St.  
Miami, FL 33175

South Miami Hospital  
6200 SW 73rd St.  
South Miami, FL 33143

IF YOU ARE HAVING A LIFE THREATENING EMERGENCY, PLEASE CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM AND CALL US TO LET US KNOW ONCE YOU ARE ABLE TO DO SO.

I have read and understand the post op instructions provided above. I do not have any further questions at this time.

Patient Name: \_\_\_\_\_ Patient Signature:  
\_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_  
Time: \_\_\_\_\_