

# OTOPLASTY POST OP INSTRUCTIONS

## **You will need to have available for after surgery:**

1. Antibiotic ointment located over the counter (Bacitracin or Polysporin)-used to keep the incision moist and clean
2. Q-tips to cleanse the incision with hydrogen peroxide and to apply antibiotic ointment
3. Hydrogen peroxide (used to cleanse the incision, it will remove any dried blood)
4. Prescriptions: 1. Pain medication 2. Oral Antibiotic 3. Medrol dose pack (short course of oral steroids to help reduce facial/neck swelling) 4. Anti-nausea medication 5. Stool softener
5. A SKI BAND or HEADBAND

**\*\*you are required to have a caregiver/driver for after the procedure to drive you home/assist you home\*\***

## **One week before surgery:**

All aspirin and aspirin-like products (Ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of medications containing aspirin and aspirin-like products.) ***Please let the doctor know if you must continue these medications.***

## **Evening before surgery:**

1. Wash your face, neck, ears, and hair thoroughly.
2. **NOTHING** to eat or drink 12 hours PRIOR to the procedure start time.
3. You must have a caregiver after the procedure.

## **Morning of surgery:**

1. Wash your face, neck, ears, neck and hair thoroughly. Comb tangles out of hair. Do not apply makeup, creams, or product to face.

## **After Surgery:**

1. Relax and elevate your head and shoulders on 2-3 pillows. Keep your head above your chest to decrease swelling and bruising. A reclining chair works well.
1. Take pain medication every 4-6 hours if needed. Always take narcotic pain medicine with food to decrease nausea. If you have no pain, do not take the medication. For minimal pain, take Extra-strength Tylenol **ONLY**. **DO NOT** take aspirin or aspirin-like products such as Ibuprofen.
2. If your bandage feels tight, you may loosen slightly. **DO NOT** remove the bandage the first day. There may be packing around the ear. Leave it in place until Dr. Bradford instructs for you to remove the initial dressing. Dr. Bradford will instruct you and your caregiver on the day of the surgery.
3. After surgery Dr. Bradford will place molded cotton around your ears. Dr. Bradford will then wrap your ears in a turban-like manner. There is usually mild staining of the dressing during the first night after surgery—you may notice some blood tinged drainage. These dressings will remain in place for 1-2 days. You will then switch to a removable

dressing for the remainder of the first week such as a ski band or head band as instructed by Dr. Bradford.

4. You should limit your activities while the dressing is on. Be aware of your diminished hearing, especially in potentially hazardous situations, i.e. driving.
5. Driving a vehicle may be resumed 48 hours after surgery, providing your hearing is adequate and you are not taking pain medicine.
6. You may bathe, but **DO NOT** get the dressing wet for the 24-36 hours, while the dressing is intact. **DO NOT** shampoo your hair until instructed by your surgeon.
7. You may shower and wash the incisions with a mild soap and shampoo your hair with mild shampoo after the dressing is removed. This is usually 24-36 hours (1-2 days) after surgery. (Dr. Bradford will specify on the day of the procedure)
8. Avoid strenuous activities (NO aerobic activity or jogging or running) or heavy lifting for 1 week.
9. You may experience bruising and swelling around your eyes, cheeks, and neck. This is not unusual and should gradually diminish over the first 1-2 weeks.
10. Your hearing will be slightly diminished due to your dressing for the first few days.

**General Information:**

1. Your ears will be swollen, bruised and red in appearance, and may be abnormally thick and large for about 10 days after surgery.
2. Soreness and pain for several hours after surgery is normal. Use your pain medication as necessary.
3. After your initial dressing is removed (usually after 1-2 days), you should wear a ski band or headband over the ears at all times (24 hours a day- except while showering) for the first two weeks. The following three week the headband should be worn for 12 hours at night.
4. Some numbness over the ears may persist in the immediate post-operative period. This usually resolves within 2-3 months.
5. No swimming for at least one month.
6. You can expect swelling, bruising, and tightness. However, if there is excessive bruising and pain, especially on one side only, call the office.

**\*\*Call the office immediately if you experience:**

- a. Complete loss of hearing
- b. Excessive blood staining on the dressing, or excessive swelling
- c. Temperature elevations
- d. Extreme pain and or one side being significantly more painful than the other

**If you have moderate or severe pain, significant bleeding that will not stop with pressure from any incision sites, sudden, intense swelling to the surgical sites (especially if only on one side), and fever >101, nausea and vomiting. Please call our office and report to Dr. Bradford or his staff immediately.**

**Please do not hesitate to call Dr. Bradford if you have any questions or concerns.**

**Dr. Bradford's Office #: (775) 588-5000  
Dr. Bradford's Cell (530) 721-6052. Please feel free to text or call Dr.  
Bradford for after hours or weekend concerns.**