

Fairfield County Plastic Surgery

Post-Operative Otoplasty Instructions

PREOPERATIVE INSTRUCTIONS

- 1) **DO NOT TAKE ANY ASPIRIN PRODUCTS for 2 weeks prior to or after surgery.**
Do not SMOKE for three weeks before or after surgery. Aspirin thins the blood, causing you to bleed and bruise more. You may take Tylenol. Do not drink alcohol for 10 days pre-op.
- 2) Wash your face and neck and shampoo your hair thoroughly with Hibiclens (over-the-counter) or Dial soap the morning and night of the day prior to surgery. Please **DO NOT** wear make-up or hair spray. Do not get Hibiclens in the eyes.
- 3) Fill the prescriptions that we give you before surgery.
- 4) Please have your cardiogram (ECG) performed as soon as possible before surgery. If it is abnormal a cardiology opinion may be required which could delay your surgery. Your blood tests should be done about 10 days before surgery.
- 5) **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. The only exception is medication which we instruct you to take with a sip of water the morning of surgery.**
- 6) Please wear a button down top to the office on the day of surgery. Wear sweat pants, sneakers, socks and sneakers or sturdy shoes. No high heels and no sandals. Do not wear make-up, jewelry or pantyhose.

POSTOPERATIVE INSTRUCTIONS

- 1) Your surgery will take approximately 2 hours. After surgery you will go to the recovery room for several hours until you have awakened sufficiently to return home. **If you are having outpatient surgery, someone must drive you home and remain with you that day and night.** Please keep your head elevated as much as possible after surgery to reduce swelling.
 - Do not put your head below your heart
 - Do not do any strenuous activity
 - Do not strain during a bowel motion
 - Do not take pain medication on an empty stomach since it may cause vomiting.All of these factors will raise your blood pressure and cause bleeding which may require emergency surgery.
- 2) Do not smoke for three weeks after surgery, do not drink regular coffee or soft drinks containing caffeine. Do not sit in the same room as a smoker.
- 3) After surgery, bandages will be applied to your head. The bandages will be changed after 24 and 48 hours.
- 5) Please keep your head elevated as much as possible after surgery to reduce swelling. Sleep with 3 pillows at night for 1 week. Arrange the pillows so that the head is elevated with the upper body. Keep the head elevated during the day for 4 days after surgery.
- 6) The sutures behind the ears are absorbed spontaneously. If there are sutures in front of the ear they will be removed in 4-7 days. You will be given an elastic support to protect your ears. Wear it at night for two more weeks. It will be necessary to see you in the office the day after surgery and at least two times a week for 2 weeks following surgery to change the dressings and remove remaining sutures. After you are dismissed, you may not need to return to the office again until your 6 week checkup.
- 7) If you have questions, please call the office.