Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

OTOPLASTY – Pre and Post-Operative Instructions

Pre-Operative Instructions

1.Do not take any aspirin products or NSAIDs (such as Motrin, Advil, Aleve) or Vitamin E for 3 weeks prior to or after surgery. These medications thin the blood, causing you to bleed and bruise more. You can take Tylenol for pain. See our separate list of medications to be avoided.

2.Do not smoke for three weeks before or after surgery.

3.Do not drink alcohol for two weeks before or after surgery.

4.DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. No Exceptions.

5.Please wear a top that fastens in the front with buttons or a zip and pull-on pants on the day of surgery. Sweats work well. Wear flat, slip-on shoes - no high heels and no sandals or flip-flops.

6.Please do not wear make-up, hairspray, jewelry, panty hose, or contact lenses. **Please remove all piercings including body piercings.**

7.Shower and shampoo with anti-bacterial soap (Hibiclens over the counter) on your day of surgery. Do not apply any body creams, lotions, oils, or any kind of deodorant.

Post-Operative Instructions

1.Your surgery will take approximately 2 hours. After surgery you will be observed until you have recovered sufficiently to be discharged.

2.Someone must drive you home and, for your safety, remain with you for the first 24 hours.

3.Please keep your head elevated as much as possible for 48 hours 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 movement. Do not take pain medication on an empty stomach as it may cause vomiting. All these factors will raise your blood pressure and may cause bleeding.

4.Do not pull clothes over your head.

5.After surgery, bandages will be applied to your head. The bandages will be changed at your follow up appointments with Dr. Kirwan.

6.The sutures behind your ears are absorbed spontaneously. If there are sutures in front of the ears, they will be removed in three to five days. You will be given an elastic support to protect your ears. Wear it at night for two weeks post-surgery. No contact sports such as wresting or football etc. for 6 weeks.

7.You will see Dr. Kirwan for follow up appointments the day after surgery, at least once a week for the two weeks following surgery, and afterwards as needed.

9.If you should have any questions, please call the office at 203-838-8844.

10.Watch carefully for excessive redness, swelling, bleeding, discharge, fever, or pain not relieved by medication. If any of these symptoms occur, please contact our office immediately.