

POST-OPERATIVE CARE FOLLOWING O T O P L A S T Y

Call our office promptly if:

- ✓ **You have increasing pain after the first 24 hours following surgery.**
- ✓ **You have a temperature elevation over 100°.**
- ✓ **The dressing shifts or falls off.**
- ✓ **The ear is injured after the dressing is removed.**
- ✓ **There is any increasing pain or change in the shape of the ear.**

If any of the above should occur during regular office hours, the facial plastics nurse can be reached at 217 545-2540. The regular office hours are 8:00 to 4:30.

If the nurse is not available, the facial plastics secretary can be reached at 217 545-2598.

If it is after regular office hours (8:00 AM to 4:30 PM), we can be reached 24 hours a day by calling 217 545-8000 and asking the ENT resident on call be paged.

What Can I Expect?

- ✓ Following surgery, a bulky bandage will be wrapped around the head, covering the ears. Associated with this, there will be a fair amount of pressure.
- ✓ A mild amount of pain and discomfort will also be associated with surgery. This can easily be managed with oral pain medications as prescribed by your doctor following surgery. Most children require only plain Tylenol. Tylenol with Codeine is always sufficient for the adults.
- ✓ The discomfort should begin to decrease within 48 hours of surgery. If you have increased pain after 48 hours, you should contact your surgeon.
- ✓ Hairstyling and shampooing are a problem following surgery until the dressings are removed. A dry shampoo is permissible, but getting the hair wet is not recommended until the dressing is removed.

How Do I Care For Myself After Surgery?

- ✓ Leave the dressings over the ears undisturbed.
- ✓ Take antibiotics and pain medications as prescribed by your surgeon.
- ✓ One week following surgery, the dressings and sutures will be removed.
- ✓ Often for children, the sutures will dissolve spontaneously.
- ✓ Following surgery, a light supportive elastic band is worn over the ears at night for an additional three weeks to prevent inadvertent injury to the ears.
- ✓ Sleep with the head elevated for the first 24-48 hours.
- ✓ The use of heat and/or ice the first three days after surgery is impractical because of the bulky dressings.

Recovery Timetable

- ✓ The following are approximate recovery guidelines for an otoplasty:

Day One	Return Home
Day One to Two	Aching, Throbbing
Days Three to Six	Bandage off; Stitches out or dissolved

