

## Post-Operative Care for Otoplasty

### At Home After Procedure:

- Sleep on 2-3 pillows or a recliner for the first night to keep your head elevated.
- Take your antibiotics and pain medication as directed.
- DO NOT TAKE vitamin E, Aspirin or aspirin-like products including Ibuprofen, Advil, Nuprin, or Motrin, for 3 weeks before and one week after surgery. Please see the complete list of medications to avoid, included in your pre-operative packet.
- Call the office or the doctor on call if you have excessive pain or bleeding.

### Follow Up Care:

The pressure dressing will be removed on the first post-operative day. It will be changed to a looser dressing at that time. After the dressing is removed, keep the ears protected by wearing a protective wrap (provided by us) around the head for the first week. If needed, you may clean the incision sites with peroxide and Q-tips a few times a day to remove any dry blood. Apply antibiotic ointment (bacitracin) for **2 days only**, switching to Vaseline on the third day. It is normal for one ear to be more swollen or discolored than the other. Sutures will be self-dissolving. DO NOT bend over and DO NOT lift over 10 pounds for the first week. In two weeks you may resume exercise unless advised otherwise. Because alcohol can prolong swelling, avoid it for two weeks. Bruising, tightness, numbness, itching, tingling, puffiness and red and bumpy incision lines are all normal concerns and will improve with full healing.

### Follow up appointments:

- Day 1
- Day 6-8

**Reminder...** DO NOT TAKE vitamin E, aspirin or aspirin-like products including Ibuprofen, Advil, Nuprin, or Motrin, for 3 weeks before and one week after surgery.

If you have any questions or concerns, please contact us (425.450.0880). After office hours, please contact Dr. Naficy on his mobile phone.