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## Otoplasty Post-Op

- **DRESSING:** Postoperatively, you will be placed in a head dressing. Please do not remove dressing and keep it dry. This dressing will be removed the day after surgery at your postoperative appointment.
- **BLEEDING:** Small amounts of oozing and bleeding are common and expected. Feel free to change the gauze as needed at home. If the bleeding is more than a slow staining of the dressings, apply firm pressure for 20-30 minutes. Should heavy bleeding occur, apply firm pressure and call the office immediately at 479-521-1500.
- **ACTIVITY:** Avoid bending at the waist. Do not lift anything over 5 pounds for 2-3 days. As you begin to resume normal activity, refrain from any action that causes pain. You should not resume weight lifting or any high-impact activities for 4 weeks. You may begin to exercise 14 days after surgery, but should discuss your exercise routine with Dr. Taylor at your postoperative visit.
- **SWELLING AND BRUISING:** Swelling and bruising is to be expected after surgery. Keeping your head elevated will minimize swelling and bruising. You should rest and sleep with your head elevated on pillows for 5-7 days. Bruising may spread down into the cheeks and neck, but usually disappears within 10 days after surgery. Some of the swelling may take as long as 6-8 weeks to completely resolve.
- **SUTURES:** Sutures will be removed or trimmed in 1-2 weeks. Please do not trim or pull sutures which are visible.
- **SHOWERING:** You may shower and wash hair the next day after bandages are removed. You may not want to use shampoo because it may burn where your incisions are; use with extreme care around staples. A hair dryer may be used on a cool, low setting only. Avoid any hair styling aides until your incisions have healed.
- **INFECTION:** Although infection is unusual after this type of surgery, please take all prescribed antibiotics until full prescription is empty. Signs of infection include drainage with foul odor, yellow or green drainage from the incision, fever of 101 degrees (usually accompanied by chill), or redness and warmth around the incision. These are symptoms which need to be reported. **WARNING: Smokers have a greater risk of skin loss and wound healing complications. Do not smoke while your body is trying to heal from surgery.**
- **PAIN:** Pain is expected after any surgery. Please follow instructions given to you with your pain medications. You must wait until you are no longer taking pain medications before you resume

driving. This would be driving under the influence and you would endanger yourself and others.

- HEMATOMAS: Hematomas are the collection of blood and fluid under the skin. They are rare, but must be reported immediately. A hematoma is evidenced by significant change in swelling in an area which appears to be growing. If you see evidence of a hematoma, contact Dr. Taylor's office immediately 479-521-1500.

**If you have any questions, please contact our office at 479-521-1500. We have a nurse on call 24hrs a day. In case you cannot contact someone and you have an emergency, go straight to the hospital.**

I understand and have received a copy of the post-op instructions

Signature: \_\_\_\_\_ Date: \_\_\_\_\_