

GUELPH | FACIAL PLASTICS

CARE INSTRUCTIONS AFTER OTOPLASTY SURGERY

1. Avoid touching or rubbing your ears.

You'll need to be careful not to excessively touch or rub your ears, either consciously or accidentally, for the first couple of weeks. This is to keep your ears in proper place and prevent damaging the incisions, both of which can delay your recovery.

2. Wear your headband, especially if you've had setback (ear pinning) otoplasty

The headband provides protection for your ears and keeps them in place, in case they're accidentally bumped or bent. Most patients need to wear the headband all day and night for the first two weeks, then only at night for about a month

3. Don't panic if you see discharge coming out of your ear.

The first week after your surgery, it is common for the ears to drain a small amount of fluid. The fluid may be thick, dark or red tinged. If you see this happen, you may use a cotton swab and hydrogen peroxide to clean the external part of the ear. However, make sure not to enter the ear canal. If the drainage is excessive, please contact Dr. Brace' office at 519-824-0550.

4. Keep your head elevated for the couple of weeks.

Swelling is a normal part of the recovery process. Minimize swelling by keeping your head elevated, especially while you sleep. A couple of pillows to prop your head up is usually sufficient. When awake, you should avoid bending over, an action that may also increase the risk of bleeding. Swelling normally lasts for one to two months, with residual swelling lasting for up to six. Ice frequently to limit swelling and discomfort for the first 3 days post op.

5. Don't scratch at incision lines.

It is very common for incision lines to start feeling itchy. Itchiness is usually a sign that they're healing, and the nerves are regenerating. Try to avoid scratching the incisions to prevent damaging them. Please note that if the itchiness is accompanied by redness, discharge or heat, please notify us. There may be an infection.

6. Follow up in 1-2 weeks. Call the office if having any concerns.