



Otoplasty Recovery Guide

WITH DR. NICHOLAS WINGATE

Follow-Up Appointments

We'll support your healing journey every step of the way:

- Day 2: Initial post-op check
- Week 1: Healing evaluation
- Week 6: Progress assessment
- Week 16: Results evaluation and photographs

Before Surgery

To ensure a safe and smooth experience:

- Begin taking Arnica (provided at your pre-op visit), and continue any approved daily medications.
- If undergoing anesthesia, your anesthesiologist will provide tailored instructions the day before surgery.
- Avoid aspirin, ibuprofen (Advil), NSAIDs, fish oil, and omega-3 supplements for 10 days prior to surgery, unless approved by Dr. Wingate.
- Discontinue anti-inflammatories for at least 1 month pre-op.

Please arrange for someone to **drive you home** after your procedure.

At Home After Surgery

- Keep your head elevated as much as possible to reduce swelling and bruising. Sit upright or stand throughout the day.
- When sleeping, rest with your head elevated on 2-3 pillows.

- Do not remove your head wrap - leave it in place for at least 48 hours, or until your first post-op visit.

Returning to Activities

- Avoid lifting anything over 8 lbs (like a gallon of milk) for 1 week.
- Avoid high-impact activity or exercise (running, jumping, etc.) for 2-3 weeks.
- Walking and light activity are encouraged and safe immediately after surgery.
- Most patients return to desk work within 5-7 days.
- Delay sports or activities that could accidentally impact the ears for 4-6 weeks.

Clothing, Jewelry & Eyewear

- Wear front- or back-fastening clothing for the first week - avoid anything that pulls over your head.
- Avoid wearing earrings for 3-4 weeks.
- Lightweight glasses can typically be worn after 1 week.

Discomfort & Pain Management

- Please fill all prescriptions prior to your procedure so they're ready when you return home.
- Most patients manage discomfort with Tylenol + Advil by the second day.
- Keeping the head elevated is one of the most effective ways to relieve soreness.

What to Expect During Healing

- Swelling and bruising are normal after ear surgery.
- If external sutures were placed, they will be removed at your 1-week post-op visit.
- Due to swelling, ears may appear uneven or asymmetrical during healing - this is very common and usually temporary.
- As swelling resolves, symmetry improves over the following several months.

At Wingate Plastic Surgery, we prioritize your comfort and confidence from start to finish. If you have any concerns, please don't hesitate to reach out. We are here to ensure your recovery is smooth and supported.