

Otoplasty – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation.
- Avoid strenuous activity/exercise and keep heart rate below 100 bpm for 6 weeks.
- Avoid lifting more than 10 pounds during early recovery.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Incision & Care

- Keep dressing on until follow up appointment. Then incisions can be gently cleaned with soap and water. Avoid wearing glasses or hats.
- You can shower in 24 hours but do not get dressings wet.
- Avoid direct sun exposure to incisions for at least 6 months.
- Contact the office for fever, increasing pain, redness, or drainage.

Head Positioning

- Keep head elevated while sleeping for the first week.
- Avoid pressure or trauma to the ears.

Dressings

- Wear compression headband continuously for 1 week, then as directed.
- Follow instructions regarding transition to soft headband.

Expected Recovery

- Tightness and numbness are common initially.
- Swelling typically improves over several weeks.
- You can return to work and drive in 5 days. You can fly in 2 weeks.