**OTOPLASTY INSTRUCTIONS**

**PREPARING FOR SURGERY**

* Avoid NSAIDs (aspirin, ibuprofen, naproxen), for 2 weeks prior to surgery. Acetaminophen (Tylenol) is OK for aches and pains.
* Stop taking herbal medications (fish oil, garlic, ginkgo, glucosamine, etc) and multivitamins 2 weeks before surgery as these may thin your blood.
* Refrain from all nicotine use including nicotine replacement therapy 1 month before and 2 weeks after surgery. Nicotine and tobacco can significantly delay healing and result in scarring.
* Avoid hair coloring or other hair treatments for 2 weeks before and 4 weeks after surgery.
* Two weeks prior to surgery you will have a pre-operative phone call with our team. During this call, we will review your medical history and answer any questions you may have about the procedure. It is important that you have completed the physical with your primary care provider prior to this call with our team.
* Plan to take 7 days to rest; after that the bruising and the swelling are better.
* Arrange to have someone, 19 or older, drive you home from surgery and stay with you for at least 24 hours after the procedure.
* You will receive an email with individualized day of surgery instructions.

**SHOPPING LIST**

1. Prescription Medications

2. Acetaminophen (Tylenol)

3. Docusate (stool softener)

4. Headband that covers ears

5. Shower cap

**POST-OPERATIVE CARE**

* Keep the incisions dry for 48 hours. Wash your face with a washcloth, do not wash/scrub around the ears. Do not apply any ointments, creams, or conditioners around the ears as they may weaken the surgical glue behind your ears. You may shower or bathe with a shower cap completely covering the ears.
* Allow the ears to heal. Do not wear glasses or earrings for the first 2 weeks after your procedure.
* You should wear a head wrap or band around the ears while you rest or sleep for the first 3 weeks to prevent injury to the ears.
* Keep your head elevated for the first 48 hours. A recliner is best. Sleeping with extra pillows work as well. This will minimize swelling and help avoid rolling during sleep.
* All patients are placed on antibiotics for a short time after surgery to prevent an infection. It is very important that you complete the entire course of medication.
* There will be mild bruising and swelling of the ears for 1-2 weeks after the procedure.
* There may be some numbness to your ears following surgery, that may take several weeks to resolve.
* After surgery, it is important to have a bowel movement within a day or two. You may use stool softeners to relieve any constipation.
* Sunscreen should be applied to the external scars starting 2-3 weeks after surgery. It is important to protect your scars for *AT LEAST* 1 year to prevent discoloration from the sun. Sunscreen with SPF 30 and above is always recommended to prevent skin cancer and signs of aging/sun damage.
* Resuming activities:
* Contact lenses: 1 day after surgery
* Driving and decision making: once you are no longer taking pain medications
* Glasses: 2 weeks after surgery
* Hair coloring or treatments: 1 month
* Light activity (preparing meals, walking around the house) is encouraged immediately to prevent blood clots but no heavy lifting greater than 10 pounds, bending over, or straining until cleared by Dr. Harbison.
* Sports: 6 weeks
* Swimming, sauna, hot tub: 3-4 weeks or as directed by Dr. Harbison
* Scuba diving: 12 weeks

**QUESTIONS?**

* During normal business hours please call 402-739-8144 and follow the prompts to speak with our clinical team. To ensure a timely response, please call our office with medical questions. Please do not email or text post operative questions.
* If you have a concern after hours, you can follow the prompts to speak to our on-call service. Please note, our call service is unable to answer detailed questions about your care. Please contact our office during normal business hours to speak to one of our plastic surgery team members. If you are experiencing a life-threatening emergency, please go to the nearest emergency department.