WELLSPRING
PLASTIC SURGERY

POST OPERATIVE INSTRUCTIONS OTOPLASTY

Begin taking Arnica Montana from your VitaMedica recovery pack the night of surgery. Continue taking other pre-operative VitaMedica supplements as directed. Full instructions will be listed on the package.

1.While resting, keep your head and shoulders elevated on at least two pillows for the first 2 days after your surgery.

2.Alternate Tylenol and Ibuprofen (Motrin) as instructed on the packaging.

3.Do not be alarmed if you continue to swell, as swelling reaches its peak at 48 to 72 hours.

4. Beginning the day after your surgery, your incision lines should be cleansed twice daily with hydrogen peroxide diluted to half strength with water using cotton tipped applicators (If incisions are not covered). After cleansing, apply a thin layer of Polysporin ointment or Bacitracin ointment.

5.A light diet is best the day of your surgery. Begin taking liquids slowly if they are tolerated. You can start a regular diet the next day.

6.If you have pain or discomfort, take the medication prescribed for you. **It is necessary to take the medication with food to avoid stomach upset.** If you are not having pain, do not take the pain medication. Do not take aspirin or aspirin products or ibuprofen, and do not consume alcohol while on medication.

7.Apply Coban (Blue elastic bandage) nightly, to limit the risk of sleeping on the ears the wrong way.

8.You will wear your initial surgery ear garment for one week post-operatively 24 hours a day. Following the first week, you will wear your headband (we recommend Goody headbands.) for 2-3 weeks at night.

9.Avoid swimming pools, lakes, rivers, or streams for at least 2 weeks after your surgery.

10.Bruising and swelling are normal and will dissipate with time. If you experience pain, a fever above 101F, excessive bleeding or drainage, yellow drainage in your eyes, rapid

swelling, injury to your incision sites, or other problems relating to your surgery, please call the office immediately.

11.Pain medications and anesthesia may cause constipation. Please drink at least 8 glasses of water per day and inform us if you have not had a bowel movement in 2 days after surgery.

12.You may gradually resume normal daily activities, being careful to avoid any activities that cause pain or discomfort.

13.Avoid direct exposure of the sun to incisions for at least 12 months after surgery as they will be extremely sensitive to sunlight during the healing phase. Use a sunblock with UVA and UVB protection if incisions are exposed to sunlight or tanning beds.

14.Please take all medications as directed. If you experience nausea, vomiting, shortness of breath, diarrhea or a rash after taking your medications, please call the office.

If at any time you have any questions, problems, or concerns, please contact the office at (512) 600-2888. After hours, if it is an emergency, listen to the recording for instructions.