

OTOPLASTY/EAR SURGERY

Post-operative Instructions Following Otoplasty Surgery

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Call the office immediately if you have:

- A fever/temperature of 101 or higher
- Any unusual or painful swelling and redness
- Pain that is not relieved by your pain medication
- Any active bleeding soaking more than a 4x4 gauze
- Any purulent “pus like” drainage coming from the incision site

1. **Right after Surgery:** Your main goal during the first few days to a week after surgery is to help minimize swelling. You can do this by keeping your head elevated at a 45 degree angle, either by sleeping in a recliner or having several pillows behind your back.
2. **Swelling and bruising:** Swelling & bruising will be at its most noticeable stage around 2-3 days after surgery and will then start to subside. Most bruising disappears by around 7-14 days after surgery.
3. **Eating:** Start with light and soft meals. Avoid fatty foods during the first 24 hours after surgery. As you get more comfortable, you may progress to regular food. Drinking fluids is very important after surgery; at least 2 quarts a day (about two liters). Try to drink non-caffeinated fluids.
4. **Medications:** All your medications will be prescribed for you during your preoperative visit at our office. Please fill these prescriptions prior to your surgery. Take your medications as prescribed. Do not to take pain medication on an empty stomach; it can cause nausea. You only need to take the pain medication, if you have discomfort. Taper off the pain medication when your pain level starts to decrease during the first week.
5. **Driving:** Do not drive until one week after surgery and once you have discontinued taking your prescribed pain medication. If you are not comfortable driving at one week, please wait until you feel comfortable.
6. **Sun Exposure:** Avoid direct sun exposure on your incisions for at least 6 weeks after surgery. Wear sunscreen at all times during the day (once you are given the approval to use skin products from Dr. Behmand, usually around postoperative day 10).

7. **Exercise:** No exercise for 6 weeks after surgery or until receiving clearance from Dr. Behmand. Avoid bending over, heavy lifting or any other activity that increases your heart rate or makes your face feel pressure.
8. **Hair Color:** Do not color or highlight your hair during the first 4 weeks after surgery.
9. **Skin Care/Makeup:** Do not use your regular skincare products OR makeup until your first postoperative appointment. At that time, Dr. Behmand will assess you to see if you are ready to start using skin products again.
10. **Sensations:** You may feel numb on the top of your head and around your ears. This is normal and will go away with time. You may experience a feeling of itching or pins and needles as the nerves begin to recover. This is part of the normal healing process in the first few months.
11. **Follow-up:** During your preoperative appointment, you will be given a printout detailing the dates and times for your surgery and your first postoperative follow-up appointment. This sheet will be in the black folder given to you at our office.
12. **24 Hour Answering Service:** If anything is urgently needed after 5 pm or over the weekend, please be aware that we do have a 24 hour answering service. You may call our regular office line at (925)939-9200 to reach the answering service for assistance.