



THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

POST-SURGERY INSTRUCTIONS: OTOPLASTY

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch for following otoplasty include:

Swollen, red ears; a firm feeling or tingling of the outer ear. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort.

Consistent sharp pain should be reported to our office immediately.

To alleviate any discomfort, and to reduce swelling, you may apply cool (not cold) compresses to your ears.

Do not apply ice or anything frozen directly on the skin. Soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply any compress gently; do not apply any pressure, this could injure ears. Apply cool compresses for no longer than 20-minute intervals. Do not apply any heat.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen appearance, excessive bruising or fluid retention that is localized to one side of the face or head.**

DRESSING

You may be wearing a dressing, ace wrap or similar compression around your head to support your ears as they begin to heal in their new position and/or shape. Follow the directions you are given explicitly for wearing this dressing. **It is important that dressing not be removed or dislodged for any reason, except with explicit instructions from Dr. Few.** Doing so may significantly impair the outcome of your procedure.

DAY OF SURGERY INSTRUCTIONS:

- Walk every 2 hours for 10min, while awake
- Resume daily activities as tolerated
- Take medications as directed
- You may resume all medications immediately after surgery
- Sleep at 45 degree angle (2 pillows) for 1-2 weeks
- Keep incision clean and dry.
- Do not remove steri-strips (little white or brown tape strips)
- You may shower 24-48 hours after surgery.
- Do Not Drive while taking a narcotic medication
- You may switch to Ibuprophen 24 hours after procedure
- Wear compression garment as directed
- Do not lift, pull, or push anything heavier then 5lbs for 2 weeks post surgery
- No exercising for 14 days or activity that will increase the heart rate.
- Do not resume any contact sports until given clearance to do so
- Schedule follow up appointment 3-5 days post surgery

To contact Dr. Few after hours, please call the answering service at 312-202-0882 , and press "0"