



## GULF COAST FACIAL PLASTICS

*Where Art and Medicine Come Face to Face®*

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[www.gulfcoastfacialplastics.com](http://www.gulfcoastfacialplastics.com)

### **Pre/Post-Operative Instructions for Otoplasty**

- Keep head elevated (at least three inches above your heart) for two weeks following surgery. Sleep on your back and avoid lying on your side to prevent causing damage to your ears. It is okay to shower the day after surgery once the dressing is removed.
- Do not bend over; this can cause excessive swelling and bruising.
- Clean suture lines as directed in the instruction sheet.
- Wear a headband (tight enough to support, but not so tight as to cause discomfort) continuously for the first week, then at night for the next 6 weeks, or as directed by your physician. You may remove the band to shower or bath, but please put it back on immediately.
- No contact or racket sports for 6 weeks.
- Most pain following surgery is minor, if you have pain that cannot be relieved by the pain medication prescribed call our office immediately.
- Do not pull on the ears.
- Call if a hematoma (collection of blood under the skin) develops.
- Remember, complete healing will take up to 6 months.