



## **After Your Otoplasty Surgery**

1. After getting home, continue resting for the next 24 hours with your head elevated.
2. Sleep on your back with 3 to 4 pillows behind your head and back. Avoid any pressure on ears.
3. After surgery, you will have a large dressing in place around the head covering the ears. This will remain in place for the first 7 days after surgery, although in some instances, Dr. Gage may remove the dressing sooner. After the dressing is removed, you may be asked to wear a soft, protective head band when you sleep.
4. To help minimize swelling and discomfort, you may apply cold compresses to the ears during the first 24 hours after surgery. Swelling around the ears is a normal occurrence. The amount of swelling depends on the extent of the surgery as well as your own tendency to bruise.
5. You may take Tylenol or Motrin/Ibuprofen for pain. You may also be given a prescription for a stronger pain medication. Prescription pain medication should be taken with food to prevent nausea.
6. Before you go home, we will review which medications you may safely resume. If you have questions regarding which medications you may take, please call.
7. If you were discharged with an oral antibiotic, it should be taken through its full cycle as directed.
8. Call Dr. Gage's office **immediately** at 314-251-4530 if you experience any of the following symptoms: Temperature above 101.5°F, shakes and chills, severe unrelieved pain, or increased bleeding noticed on the dressing.

9. Do not engage in any strenuous activities or contact sports for the next 6 weeks after surgery or as instructed by your doctor.

10. You can expect edema (swelling) as well as ecchymosis (bruising) around your face after surgery. The amount of edema and ecchymosis depends on the extent of surgery as well as your own tendency to bruise.

12. Dr. Gage highly recommends that you use sunblock with a minimum of SPF 15 for the next 3 months to help protect your incision sites from burning. All fresh new scars are hypersensitive to sunlight, causing a tendency to burn.

13. Be aware that smoking or the use of unapproved medications can lead to complications and jeopardize the results of your surgery.

It has been our pleasure to provide your surgical care. If you have any additional questions, please do not hesitate to call.