

**Dr. Trevor M. Brooks MD, FRCSC
Plastic, Hand & Aesthetic Surgery**

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Call our office if you have:

- Fever over 37 Degrees
- Yellow, green or foul smelling drainage
- A large red area around the incision
- An allergic reaction to the medications, or dressings (this could be shortness of breath, a rash/redness, hives, etc).

Otoplasty Post Operative Care Instructions

Dressings/Bandages:

- The dressing applied in the operating room should remain on, dry, and intact for one week following surgery.
- You may shower your body, but keep the dressing dry with a shower cap for the first week while the dressing is on.
- Following the removal of the dressing (after one week) you may shower and let water run over the incision/incisions.
- Do not soak the area (no baths, hot tubs, pools, or lake water) until 3 weeks after surgery.
- After your first week, once your operative bandage is removed, you will need to wear a supportive head band over your ears for two more full weeks. Weeks 4,5 & 6 you will need to wear the supportive headband at night time only.
- You may protect the incision with a light layer of Polysporin and a band-aid as it heals.
- Your sutures are dissolvable (unless Dr. Brooks has said otherwise) and will typically dissolve on their own in 2-4 weeks.

Medication:

- Take your regular medications as prescribed to you (unless Dr. Brooks has instructed you otherwise).
- For pain take acetaminophen (Tylenol) unless Dr. Brooks has instructed you otherwise.
- If you are prescribed an antibiotic, make sure you finish the entire prescription.

Activity:

- Swelling is normal- elevate your head on a pillow while sleeping to help reduce swelling.
- You may apply an ice pack as needed off and on for 20 mins at a time for the first 3-4 days. Be sure to place a clean towel/paper towel between the ice pack and your bandage.
- Do not exercise until Dr. Brooks has given you the go ahead (usually 2-3 weeks after surgery)

Diet:

- Resume your regular diet.
- Drink plenty of fluids, but stay away from alcoholic and caffeinated drinks.
- Avoid smoking 3 months before and after surgery.

Sunshine:

- If your surgical site is to be exposed to the sun, apply sunscreen of SPF 45 or greater for at least 1 year to prevent the scar from tanning and becoming darker in appearance.
- Do not apply sunscreen until the incision has healed completely. If you must be in the sun, wear a hat.

Return to Work:

- Most patients are able to return to work within 1-2 weeks after the surgery.

Your Follow up Appointment:

One week after your surgery Dr. Brooks will want to see you again.
To ensure you will get in within this time frame please call promptly after your surgery.

