

## **OTOPLASTY INSTRUCTIONS**

**You will need to purchase:** A ski band or headband, Q-tips, hydrogen peroxide, bacitracin (or other antibiotic) ointment, and prescriptions.

**Two weeks before surgery:**

All aspirin and aspirin-like products (Ibuprofen) need to be discontinued unless your medical condition requires you to take it. (See list of medications containing aspirin or aspirin-like products.) *Please let the doctor know if you must continue these medications.*

**Evening before surgery:**

1. **NOTHING** to eat, drink, or smoke after midnight.
2. Shampoo your hair, and wash your face, neck, and ears thoroughly.

**After Surgery:**

1. Relax and elevate your head and shoulders on 2-3 pillows. Keep your head above your chest to decrease swelling and bruising. A reclining chair works well.
1. Take pain medication every 4-6 hours if needed. Always take narcotic pain medicine with food to decrease nausea. If you have no pain, do not take the medication. For minimal pain, take Extra-strength Tylenol **ONLY. DO NOT** take aspirin or aspirin-like products such as Ibuprofen.
2. If your bandage feels tight, you may loosen the tape at the top slightly. **DO NOT** remove the bandage the first day. There may be packing around the ear. Leave it in place for the first week.
3. Avoid strenuous activities or heavy lifting for 1 week.
4. Your hearing will be slightly diminished due to your dressing.
5. Call the office immediately if you experience:
  - a. Complete loss of hearing
  - b. Excessive blood staining on the dressing, or excessive swelling
  - c. Temperature elevations
  - d. Extreme pain and or one side being significantly more painful than the other

**Other Instructions:**

1. After surgery the doctor will place molded cotton around your ears. He will then wrap your ears in a turban-like manner. There is usually mild staining of the dressing during the first night after surgery. These dressings will remain in place for 1 to 2 days. You will then switch to a removable dressing for the remainder of the first week.
2. You should limit your activities while the dressing is on. Be aware of your diminished hearing, especially in potentially hazardous situations, i.e. driving.

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**DOUGLAS SIDLE, MD**  
Facial Plastic and Reconstructive Surgery

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3. Driving a vehicle may be resumed 48 hours after surgery, providing your hearing is adequate and you are not taking pain medicine.
4. You may bathe, but **DO NOT** get the dressing wet. **DO NOT** shampoo your hair until instructed by your surgeon.

**General Information:**

1. Your ears will be swollen, bruised and red in appearance, and may abnormally thick and large for about 10 days after surgery.
2. Soreness and pain for several hours after surgery is normal. Use your pain medication as necessary.
3. After your initial dressing is removed (usually on the first or second day), you should wear a ski band or headband over the ears. The ears should be protected during vigorous activity.
4. Some numbness over the ears may persist in the immediate post-operative period.
5. This usually resolves within 2-3 months.
6. No swimming for 10 days.

**Please do not hesitate to call Dr. Sidle if you have any questions.**  
**Office 312-695-8182**