POST OPERATIVE INSTRUCTIONS   Dr. Hobar 972-566-7300
Otoplasty

1. You will wake up with a full cotton head dressing. It will be removed 5-7 days post op.
2. After the dressing is removed, you may shower like normal.
3. Wear the headband/sweatband as instructed by Dr. Hobar.
4. Sutures will dissolve approximately 10-14 days after surgery.
5. Bruising, redness, and swelling is normal. It may reach its peak at 48-72 hrs, then will dissipate with time.

ACTIVITY
1. Rest with your head and shoulders elevated on 2 pillows for the first week post op. This will help minimize swelling.
2. DO NOT sleep on your side or stomach.
3. Shower only after dressing is off.
4. Blow-dry on COOL only. DO NOT use heated rollers or irons-you will feel numbness for several weeks-you will want to prevent accidental burns.
5. You will feel tightness in the face and neck for several weeks and will gradually subside.
6. Increase activity level gradually. Resume exercise at ½ level after one week and full level after 2-3 weeks.
7. Drive when off pain meds for 24 hours.
8. Avoid sunlight to incision for 12 months. Use UVA and UVB protection.

MEDS
1. Use prescribed pain meds only when you have pain. Take with food. DO NOT mix with alcohol.
2. DO NOT use aspirin or Advil.
3. Drink 8 glasses of water/day to prevent constipation due to meds and anesthesia

No Smoking for 30 days. Even second hand smoke will close capillaries, which provide essential blood supply to wounds for healing.

Post Op. Appts.
Post op day 5-7 dressing removed, incision assessed
2-3 week post op eval

Warning Signs   **Call: 972-566-7300**
1. Shortness of breath
2. Rapid swelling that is more pronounced on one side and is not relieved by pain meds.
3. Pain that is not resolved with medication.
4. Temp. above 101 degree farenheight
5. Excessive bleeding or drainage
6. Injury to your incision sites
7. Nausea, vomiting, diarrhea
8. No bowel movement 2 days after surgery and after trying a stool softener, or any trouble urinating

Diet
Begin with clear liquids and graduate to normal as tolerated