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### **OTOPLASTY INSTRUCTIONS**

1. Keep the operation site clean and dry for 24 hours. After 24 hours, it is OK to bathe. Expect some drainage on the dressing. Change the dressings daily and as needed. Wear your headband as much as tolerable for your first two weeks. Please keep your head elevated on 3 pillows while in bed. Lazy Boy type lounge chairs offer excellent position and comfort.
2. Do not drive until Dr. Lindsey permits (you must be off all narcotic medication). For the first 24 hours – Do not sign any legal documents or operate machinery. Have a responsible adult help you, and take it easy. No bending over or lifting for the first two weeks after surgery.
3. Clear liquids first. If no nausea, progress to a regular diet as tolerated. Keep your head elevated on 3 pillows for the first week.
4. Take medication as ordered. Do not take pain medication on an empty stomach. \*\*Do not drive while taking medication. The pain pills may be broken in half for those patients with sensitive stomachs. For example, ½ tablet taken every hour equals 2 tablets every 4 hours or 1 tablet every 2 hours. Over the counter medications, such as Motrin and Tylenol are encouraged. Sometimes over-the-counter pain medications are all that is needed.
5. NO alcoholic beverages. NO smoking
6. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.
7. Use ice packs to your face/nose for 24 hours. Crushed ice in a Glad Bag or a bag of frozen peas draped over the ears afford comfort.

8. Bruising should be minimal to none. Sometimes there is swelling and discoloration of the ears. Otoplasty is mildly uncomfortable. You should be up and moving around the house the day after surgery. Most patients are back at work within one week of surgery.
9. Call Dr. Lindsey at (504) 885-4508 for: obvious bleeding, redness, swelling, or pus at the wound, fever over 101.5 degrees, persistent vomiting, any problems or questions,
10. Please schedule your appointment approximately 1 week following your surgery.
11. Restrictions following otoplasty for the first 2 weeks include no lifting, bending over or straining. You should not become overheated. You are unable to participate in physical activities, including swimming, for 6 weeks.