

Postoperative Instructions – Otoplasty, Ear Pinning Surgery

Maximize your cosmetic results after protruding ear surgery by following these basic post-treatment instructions. Please contact Dr. Chaboki with any questions.

General

- Numbness around the ear is common
- Severe ear pain might indicate a hematoma (blood collection), and Dr. Chaboki must be notified immediately
- No smoking or alcohol
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician. Dr. Chaboki will advise you when you may resume taking these medications
- No herbal medications, supplements, or teas.
 - Herbals with an increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort

Diet

- Advance slowly from liquids to soft, then solid foods after anesthesia. No restrictions on specific type of food or drink. Drink plenty of fluids. No gum chewing

Activity

- Sleep with your head elevated for the first 48 hours, to help reduce facial swelling
- Do NOT blow nose
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open
- Do NOT bend over or hang your head down
- No heavy lifting, straining, or strenuous activity for at least 2 weeks
- Caution while using a hair brush, hair dryer, or clothes which may catch or snag the ear
- Do NOT wear any earrings for 2 weeks

Wound Care

- Avoid contact with substances which may irritate the skin, such as hairspray and makeup
- Avoid getting area wet for first 48 hours after surgery
- Gently wash incisions with full strength hydrogen peroxide on a cotton-tip applicator two times a day, only for first 48 hours after surgery.
- Place *Bacitracin* ointment via a cotton-tip applicator on the incisions after each hydrogen peroxide wash for the first 48 hours, then switch to plain petrolatum (Vaseline). *Do not use any other creams/lotions*
- Keep the incision dry. You may wash the area with a mild soap and luke warm water *after* 48 hours. Do NOT soak area in water, or leave wet dressing against wound.
- Gently pat the area dry with a clean towel. Do not rub.
- Wear an elastic headband *continuously* for the first week after surgery, to help protect the ears in the new position. After the first week, you must wear the headband every night for one month. Please obtain the headband before your otoplasty surgery, and bring it to the postoperative visit.

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Specializing in rhinoplasty (nose job surgery), face lift, neck lift, blepharoplasty (eyelid surgery), brow lift, Botox, facial fillers, and skin care for Washington DC, Maryland, and northern Virginia.