

Postoperative Instructions – Ear Lobe Repair

Maximize your results after torn or split earlobe surgery by following these basic post-treatment instructions. Please contact the office with any questions.

General

- Numbness around the area is common.
- No smoking or alcohol
- Avoid aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. You will be advised you when you may resume taking these medications.
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- Avoid herbal medications, supplements, or teas, which may contain blood thinners
 - Increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea
 - Arnica montana herbal *tablet* may help reduce bruising and swelling

Diet

- No restrictions on specific type of food or drink. Drink plenty of fluids.

Activity

- Sleep with your head elevated for the first 48 hours, to help reduce facial swelling.
- Caution while using a hair brush, hair dryer, or clothes which may catch or snag the ear.
- Avoid contact with substances which may irritate the skin, such as hairspray and makeup.
- Do NOT wear any earrings for 2 months, then may wear only clip-on earrings.
- Do NOT re-pierce the ear for 6 months.

Wound Care

- Small amount of blood from wound is normal.
- Avoid getting area wet for the first 48 hours.
- Place plain petrolatum ointment (ex. Vaseline) via a cotton-tip applicator on the incisions. Keep moist with ointment at all times for 1 month. *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* 2 days. Do not soak the area in water, or leave wet dressing against wound.
- Gently pat the area dry with a clean towel. Do not rub.
- Avoid direct sun exposure. Generally, you may start using sunscreen over the area at 1 week after the sutures are removed.