

Postoperative Instructions – Ear Lobe Repair

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

General

- Numbness around the area is common
- No smoking or alcohol
- Avoid 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, which may be a few days
- Avoid herbal medications, supplements, or teas, which may contain blood thinners
 - Herbs 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

- 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 weeks

Wound Care

- Small amount of blood from wound is normal
- Avoid getting area wet for the first 48 hours
- 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 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.

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