

Postoperative Instructions – Otoplasty, Ear Pinning Surgery

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

General

- Numbness around the ear is common
- Severe ear pain might indicate a hematoma (blood collection) or infection, and the office must be notified immediately
- No smoking or alcohol
- No 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.
- No herbal medications, supplements, or teas.
 - 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

- Advance slowly from liquids to soft, then solid foods after anesthesia. No restrictions on specific type of food or drink. Drink plenty of fluids. Do not chew gum.

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, strenuous activity, or sex 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.
- No contact sports for 6 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.
- 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* 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. It should *not* be tight, but rather provide a gentle “hug” to area. 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.