

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.