

OTOPLASTY (EAR SURGERY): IMMEDIATELY AFTER SURGERY

1. **REST:** When you arrive home, be prepared to rest in bed for the first 24 hours after surgery. Your ears may throb or ache for several days. Use 2 soft pillows under your head. If you had anesthesia and feel nauseated, lie on your back and remain still. Do not lie on your sides. Any sensation of nausea should pass by the morning after your surgery. If you are not nauseated, you may eat lightly and drink to replenish your body fluids. You may go to the bathroom with assistance as needed. If you feel up to it, light activity will not harm you.

2. **MEDICATIONS:** Take the antibiotics and pain medication Dr. Zevon prescribed according to the pharmacy instructions. Don't take pain medication on an empty stomach, as it may cause nausea and vomiting. Have another adult give you the pain medication at the correct time intervals and/or keep written records of how much you take and when you take it. The period of greatest discomfort usually does not last more than 12 to 14 hours. You do not have to take the pain medicine if you are not in pain, but you must take all of your antibiotics. Do not drive while taking pain medication.

4. **DRESSINGS:** Your head will be wrapped in a bandage after your surgery to promote the best molding and healing. In a few days, Dr. Zevon will replace the surgical dressing with a lighter head dressing similar to a headband. Follow Dr. Zevon's instructions for wearing the dressing, especially at night.

5. **ICE:** Ice packs or cold packs control swelling, bruising and pain. Apply ice packs at 10-minute intervals.

6. **WHAT TO EXPECT:**

- A) throbbing or aching ears (take pain medication);
- B) moderate swelling;
- C) bruising (black and blue discoloration);
- D) moderate bleeding from wound edges.

7. **CALL DR. ZEVON IF:**

- A) you have severe pain not responding to pain medication;
- B) you have marked swelling, or obviously more swelling on one side than the other (if surgery is bilateral); or
- C) you have excessive bleeding.

DON'T TAKE CHANCES! Call if you are concerned about anything you consider significant. During office hours, call (212) 496-6600. After hours, call (917) 612-3800.

8. **CLOTHING:** For the first week after your surgery, do not pull on clothing over your head—wear clothing with front closure buttons or zippers.

9. **HAIR:** You may wash your hair with mild shampoo and gentle water pressure three days after your surgery (not counting the day of surgery.) Do not pull your ears forward or away from your head. Dry your hair gently with a towel or a blow dryer on the cool setting. **Do not use a blow dryer on the warm or hot settings or sit under a hot hair dryer.**

10. **ACTIVITY RESTRICTIONS:** Avoid any activity in which your ears might be bent for about a month. Do not sleep on your sides. Do not smoke for 48 hours after your surgery to prevent coughing and possible bleeding. Do not drink alcohol for 5 days after surgery, or while you are taking pain medication. Alcohol dilates the blood vessels and could increase bleeding. The combination of pain medication and alcohol is dangerous. Do not sit in the sun or heat for 4 weeks to avoid swelling. You may drive a car with power steering after three days.

11. **HERBAL REMEDIES:** Some patients report that arnica contributes to a reduction in bruising or swelling, resulting in reduced discomfort and edema, and improved healing. Ask us if you wish assistance in locating a source of arnica. Take arnica orally according to manufacturer's instructions on the packaging.

12. **POST-OPERATIVE APPOINTMENTS:** It is important to see Dr. Zevon as scheduled after surgery. The first post-operative appointment will be 2 or 3 days after the surgery at which time your sutures will be removed. The second post-operative appointment will be in a week to 10 days. Your first post-operative appointment is scheduled for _____.

SIGNATURE OF PATIENT OR GUARDIAN

DATE