



## Jesse E. Smith MD, FACS

Facial Plastics and Reconstruction

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### **Otoplasty Post Operative Instructions**

- Take the antibiotic, pain, and anti-nausea medication the day after your surgery as prescribed by Dr. Smith. You can start using your pain medication the night of surgery if you are in pain.
- You will have a bulky dressing covering your ear and head and this will cause a fair amount of pressure to your head. Do not remove the dressing.
- If any sutures are exposed clean them with sterile saline or wound cleanser 2 times daily follow by the antibiotic ointment (Bactroban/muporicin) 2 times daily.
- It is important to keep sutures clean and free of dried blood/crusting as this will prevent healing and lead to an undesirable scar.
- Do not get surgical area/ sutures wet with water until all sutures have been removed. It is okay to bathe from neck down.
- Some bleeding/oozing is expected post operatively. If this becomes excessive, please call the office.
- Sutures will be removed in 10-14 days in the office.
- Keep head elevated for 3 days after surgery to help decrease swelling.
- You can expect some numbness/tingling in the surgical area for several weeks after surgery.
- No bending, or lifting greater than 15 pounds x 3 weeks. It is okay to walk, but avoid vigorous exercise until directed by Dr. Smith.
- You may notice bruising/swelling especially if you are on blood thinners or ibuprofen. This is normal and should resolve within a couple of weeks.
- Do not smoke. If you currently use tobacco products, you should not use these products for at least 6 weeks after surgery. Tobacco products delay healing time and can significantly compromise your surgical outcome.

#### ***Call the Office if you notice any of the following:***

- A temperature greater than 100.4 degrees Fahrenheit.
- An unusual amount of bleeding that does not stop after applying firm pressure for 15 minutes.
- An increase in pain that is not relieved by taking your pain medication.
- Excessive nausea and vomiting that is not relieved by your anti-nausea medication
- If any of the above occur after our regular office hours, please call the office number and you will be directed to our answering service where an on call provider can assist you.

You will be given your follow up visit via our Klara patient communication app. Please contact via Klara with any questions or concerns.

[www.jessesmithmd.com](http://www.jessesmithmd.com)