



Dr. Jaclyn A Klimczak, MD



Facial Plastic Surgery

POSTOPERATIVE CARE AFTER OTOPLASTY

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas

DAY 1

- Your wound will be covered with a bulky bandage called a pressure dressing. This should be left in place and kept dry for 24 hours and will be over your ears. It may be hard to hear but this is normal!
- After 24 hours the bulky bandage will be removed in the office

WEEK 1

- **DO:** Clean the suture skin lines behind the ear with **hydrogen peroxide** on a Q-tip 4-6 times daily.
- **DO:** Apply a small amount of Mupirocin/ Bacitracin ointment to the suture skin lines following cleaning.
- **DO:** Shower normally – it is perfectly fine for the wound to get wet in the shower, but **DO NOT** scrub the incision line
- **DO:** Shower using Johnson’s Baby Shampoo for the first week
- **DO:** Elevate the head of the bed to 30-40 degrees for the first 1-2 weeks to help minimize swelling. Use pillows, a wedge cushion, or a recliner. **Sleep on your back** not on your side or stomach.
- **DO:** take antibiotics as prescribed.
- **DO:** wear your headband over your ears for **24 hours** a day for the first **2 weeks**



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.....**DO NOT**.....

- **DO NOT:** pull clothing over the ears for the first 2 weeks, use button down shirts
- **DO NOT:** engage in any heavy lifting, strenuous exercise or straining for 1 week or until cleared by your surgeon. This can increase blood pressure and cause bleeding.
- **DO NOT:** use hot rollers or blow dry your hair with hot heat for 2 weeks to avoid heat over the ears
- **DO NOT:** drink alcoholic beverages for at least 48 hours or until cleared by your surgeon
- **DO NOT:** take any herbal supplements, NSAIDS, aspirin or blood thinners for 1 week unless cleared by your surgeon
- **DO NOT:** wear sunglasses for **2 weeks** or until cleared by your surgeon

WEEK 2

- **DO:** continue cleaning, as described in week one, if crusts along incisions are still present
- **DO:** continue wearing your headband around your head and ears for 24 hours a day
- **DO:** continue sleeping elevated

.....**DO NOT**.....

- **DO NOT:** wear sunglasses for another week
- **DO NOT:** pull clothing over the ears for another week



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WEEK 3-6

- **DO:** continue wearing your headband over your ears only at night while sleeping

REMINDER:

1. Bruising usually persists for approximately 2 weeks, but in some individuals may take several weeks to completely subside. Bruising and swelling peaks at 3-5 days postop
2. You may retain swelling for several weeks to months. During that time, you may notice some lumpiness, tightness, and numbness.
3. As the swelling subsides, so should the conditions associated with it. Numbness is not uncommon and will continue to resolve over the next few months
4. It is not uncommon for the wound to drain fluid or bleed in the first few hours after surgery

PLEASE REPORT TO THE CLINIC OR CALL IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS:

1. Temperature elevation
2. Sudden swelling or discoloration
3. Excessive Bleeding
4. Discharge from the wound edges or other evidence of infection
5. Development of any drug reaction
6. Severe Pain not responding to pain medications

Finally, please contact us at should you have any questions at the following number:

Telephone: (561) 939-0900

I certify that I have been given a copy of these instructions

Patient name: _____

Relationship to patient: _____

Patient Signature: _____

Date: _____ **Time:** _____

Witness: _____

Date: _____ **Time:** _____