

Questions?

Weekdays from 8 a.m. to 4 p.m., call the Surgical Specialties Nurse Advice Line at 206-598-4549.

After hours and on weekends and holidays, call 206-598-6190 and ask for the resident on call for Plastic Surgery to be paged.

Or, ask for your surgeon to be paged:

Dr. _____

Headband

After your operation, you will need to wear a headband to protect your ears while the swelling decreases and healing occurs. Wear your headband day and night for 2 weeks after your operation. After 2 weeks, wear it for 1 more week at night only.

Call the Nurse Advice Line or Your Doctor If You Have:

- Bleeding or drainage that soaks your dressing
- A fever higher than 100.5°F (38°C)
- Shaking and chills
- Any sign of infection in your incision:
 - Redness
 - Increasing pain
 - Swelling
 - Foul-smelling drainage
 - A change in the type or amount of drainage
- Nausea and/or vomiting
- Concerns that cannot wait until your follow-up visit



Otoplasty

What to expect and how to prepare for your operation

Otoplasty is surgery to change how your outer ears look. The surgery may involve changing how your ears stand out from your head and the way your skin and cartilage fold. Your surgery will be based on what you wish to change about how your ears look.

This handout explains what to expect, how to prepare for your operation, and how to plan for your recovery.

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Remember:
Do not take any aspirin or other products that affect blood clotting for 1 week before your operation.

How to Prepare for Your Operation

Things to Remember

- Do **not** take any aspirin or other products that affect blood clotting for 1 week before your operation. Two of these are ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn). See attached sheet for more information.
- Do not shave any part of your body that you do not already shave every day. If you normally shave near your surgical site, do **not** shave that area for 2 days (48 hours) before your surgery.
- Buy a wide, tennis-style headband before your operation. You will wear this after your operation to help support your ears while they heal.

24 Hours Before Your Operation

- **Take 2 showers:** Take 1 shower the night before, and a second shower the morning of your operation. Use the antibacterial soap your nurse gave you to wash your body.

Do **not** use the antibacterial soap on your face and hair. (See directions that came with the soap.) Use your own soap and shampoo on your face and hair. Use clean towels to dry off, and put on clean clothing.

- **Arrival time:** The pre-surgery nurse will call you by 5 p.m. the night before your operation. If you are having surgery on a Monday, the nurse will call you the Friday before. If you do not hear from the pre-surgery nurse by 5 p.m., please call 206-598-6334.

The pre-surgery nurse will tell you when to come to the hospital and will remind you:

- Not to eat or drink after a certain time
- Which of your regular medicines to take or not take
- To sip only enough water to swallow your pills
- **Heating blanket:** To reduce your risk of infection, you will be covered with a heating blanket to warm your body while you wait to go into the operating room. Ask for a heating blanket if you do not receive one.

What to Expect After Surgery

Precautions and Self-care to Speed Your Recovery

Medicine given during and after your operation will affect you. For 24 hours after your surgery, do **not**:

- Drive or travel alone
- Use machinery
- Drink alcohol
- Sign any legal papers
- Be responsible for the care of another person

Incision Care

You will have an incision on the back of each ear where it attaches to your head. The incisions will be covered with a dressing (bandage).

Dressing

Two days after your operation, you may remove your dressing and shower. After you shower, place gauze over your ears and put the elastic bandage over the gauze.

Pain Management

Use extra-strength acetaminophen (Tylenol) or the pain medicine your doctor prescribed for you.