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Otoplasty: Pre-operative Instructions

Do not take aspirin, ibuprofen, herbal medications, fish oil or vitamin E for 10 days prior to surgery. It is OK to have breakfast before surgery.

Shower before surgery to wash your hair, face and ears well.

Have your prescriptions filled before the day of surgery and take your pre-op medication as directed. Review the medication information and instructions for use from your pharmacy prior to taking medications.

I encourage you to use the Inflammatory Arnica products both orally and topically for minimizing bruising and swelling.

Wear comfortable clothing that does not pull over your head and slip on shoes on the day of surgery.

Arrange for a ride to and from the procedure and have someone stay with you for at least the first day.

Post-operative (after surgery) Instructions

Rest with your head supported in an elevated position, such as in a recliner. Sleep with your head and shoulders elevated on several pillows as well. Have a non-strenuous activity level, no bending, straining or lifting. Walking is fine for a few minutes at a time. Don't bend over to tie shoes, etc.

Use ice packs for 20 minutes of each hour that you are awake through the dressing to cool the wounds but not freeze them.

Remove your wrap and shower at 48 hours post op. Clean your wounds at the suture line using a Q-tip with hydrogen peroxide diluted in half with water if there is dried blood on the stitches. Apply the Bacitracin ointment to the suture line after cleaning, then put gauze behind and over the ears and wear headband or re-wrap at night.

Suture removal is usually done at one week. You can expect swelling and discomfort for the first few days after surgery. Resolution of swelling and bruising is usually complete by three weeks from surgery. If you are experiencing increasing pain or pressure call to let me know.