

**Otoplasty (Ear Pinning) Surgery:**

**Clinic Phone Number: (801) 449-9990**

**1. Post-operative care:**

**A caregiver over the age of 18 MUST be with you for 24 hours following surgery.**

**Before and Immediately after your surgery-** Go to [www.MobleyMD.com/care](http://www.MobleyMD.com/care). There is a post-op care video(s) for you to watch. There is not much to do for the first 48 hours but its good to watch the video to familiarize yourself. You have the option to remove the dressing yourself or we are happy to do it for you. This can be discussed after your surgery. We want you comfortable either way.

**2. How you should expect to feel after surgery:**

- If you had general anesthesia, that can make you feel groggy for up to 48 hours after surgery. This can cause nausea and sometimes vomiting. Keep yourself hydrated with water, 7-up, Gatorade, or other sport drinks. Eat a bland diet (saltine crackers and broth for starters).
- After surgery you will have some pain and discomfort, which is to be expected and should be controlled with pain medications (Tylenol or prescription pain medications only)
- **Escalating, severe, throbbing pain in the ears is not typical and should be addressed immediately.**
- When resting, elevate your head above your heart to help decrease swelling for the first 3 days after surgery. An extra pillow or two is usually all that is needed. Sleeping sitting up is not necessary.

**3. Dressings and wound care:**

- You will have a facial wrap that will cover your ears and most of your face. This dressing can be removed 2-3 days after your procedure. **Again. The video at [MobleyMD.com/care](http://MobleyMD.com/care) covers this in great detail.**

- When the facial wrap is taken off, it will be replaced with an elastic headband. Many patients choose to purchase a more “cool” headband for post op use, but that is of course up to each individual.
- The headband is to be worn over your ears **day and night for 7 days. Starting the second week, the headband needs to be worn only at night for the next 6 weeks.** This will help protect your ears from any potential damage caused by nighttime tossing or turning. The purchase of an otoplasty pillow may be helpful for side sleepers.
- You will have dissolvable stitches behind your ears, which will take a few weeks to dissolve. When you shampoo your hair take some of the foam and rub the back of your ears, this will help break down any crusting and keep the area clean. Do not rub aggressively. Pat your ears dry. Put hydrogen peroxide in a travels size spray bottle and spray behind the ears. Let sit for a few seconds and then dab up with a q-tip. Then apply a small pea size amount of the antibiotic ointment behind each ear on the incision for 7-10 days after your surgery.
- **All patients, especially younger patients, should be extremely careful for the first 6 months following surgery to not have the ears hit during any type of recreation, sports, or “horse-play”.**
- Continue to clean and check behind the ears when bathing. If you notice any bumps or sign of keloid scar forming please contact the office.

#### 4. Pain Management:

- Dr. Mobley will prescribe you a narcotic pain medication to help control your pain after surgery. He will explain in detail how and when to use the medication. **If you have any allergies or issues (nausea, itching, or sensitivities) with a certain pain medication, please let us know in advance, so we will be able to give you a more compatible pain medication prescription.**

- **Tylenol is the ONLY over-the-counter pain medication you are able to take after surgery for seven days. No aspirin, Alleve, or Ibuprofen. They can all cause bleeding.**
- Common side effects of narcotics include:
  - Constipation: Take stool softeners (Mira Lax), increase fluids, walk more.
  - Nausea: Decrease narcotics, use a suppository, and take medication with food.
  - Loss of appetite: This will improve over time and once you stop taking the narcotic.
  - Sleepiness: This will improve once you stop taking the narcotics.
  - You should **NEVER** drive or consume alcohol while taking narcotic pain medication.

**5. Activity/Exercise:**

- Following your surgery, NO strenuous activity or exercise for the first week.
- **Light mobility is encouraged and is vital to your recovery. Take short, frequent walks around your house to decrease the chances of complications, to decrease the possibility of developing a blood clot, and maintain good circulation.**
- **Do not lie in bed for extended periods of time.**
- One week following surgery, you can begin to increase your activity by 15% each day. By the 14<sup>th</sup> day following surgery, you should be back to your normal activities.

**6. Return to work:**

- In most cases you will be able to return to work within a week from your surgery. Each patient is different in their healing process so this can be discussed at one of your post-op appointments. A return to work form can be given to you at that time.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_