

**Post-operative Instructions Following Otoplasty (Ear Surgery)**

**Uncomplicated and early healing, to a great extent, depends on how well you care for yourself after surgery. Please read the following instructions carefully before your surgery and ask us any questions you may have.**

**After your surgery**

- The bandage will remain in place for 1 day. It is removed to check the ears, and a lighter dressing usually placed for another 3 days. Expect the ears to be somewhat swollen, bruised, and over-corrected when seen on Day 1.
- On Day 4 the bandage is removed and replaced by an exercise head band or sailor's watch cap. This is worn continuously for another 4 days and then only when sleeping for another 3 weeks.
- Notify the office if you experience increasing pain, bruising, swelling or marked bleeding from the incision.
- Try not to injure the ears, or pull on them, for at least 6 weeks.
- The sutures are self-dissolving over 2-3 weeks, and do not need to be removed.

**For Discomfort**

- For the most part, Tylenol Plain or Tylenol Extra Strength, 1 – 2 tablets every 4 – 6 hours should be sufficient but if needed, use the Tylenol #3 that we have given you. If both are ineffective, call us.

**Miscellaneous**

- Your hair may be washed at the end of 4 days when the dressing is removed. Place some Bactroban Ointment behind the ear(s) before and after your shower
- Contact sports should be avoided for 6 weeks

**We look forward to being of service to you. If you have any questions or concerns please call our office. 212-327-4600**