



3800 J Street, Suite 210
Sacramento CA 95819
Phone: (916)273-7435
fax: (916)760-8218

www.sacramentoplastics.com

PATIENT INSTRUCTIONS FOLLOWING COSMETIC EAR SURGERY

Before Surgery:

1. Arrange for transportation to and from the office or surgery center and for a responsible adult to stay with you for several hours following surgery.
2. **TWO weeks before surgery** discontinue all Aspirin and aspirin-like products (Aspirin, Bufferin, Anacin, Motrin, Advil, Aleve, Clinoril, Feldene, Meclomen, Naprosyn). You may take Tylenol, Datril, Panadol, or Anacin III as needed

DAY OF SURGERY:

1. Please **do not** eat or drink anything after midnight except as noted below.
2. You may take your usual morning medications with a sip of water.
3. *Please shower the morning of surgery; remove contact lenses and all makeup, including eyeliner and lipstick, while at home.*
4. Wear comfortable clothing.

AFTER SURGERY:

1. *During your surgery* your surgeon will apply a dressing around the head to protect the ears. **Five to seven days after surgery** your doctor will remove your surgical dressing, and fit you with an elastic ear dressing. **The dressing needs to be worn day and night for two weeks following surgery and then at night or while sleeping for another four weeks.** The ears are very delicate and prone to returning to their pre-surgical position within the first several months after surgery. It is imperative that the ears be protected from injury or manipulation and that the dressing is worn as prescribed by the surgeon (in order to encourage the ears to heal in the desired position).
2. The ears may appear slightly overcorrected immediately following removal of the dressing. This is normal and generally resolves over the next several weeks.
3. **Avoid** extreme physical activity. Obtain more rest than you usually get and avoid exertion, including athletic activities and intercourse. **Avoid** bending, lifting or straining.
4. You may wash your face. Carefully avoid the ears. **Shower or bathe from the neck down for the first five days after surgery.** Do not wash hair for one week unless you have someone do it for you. **Be careful NOT to towel dry the ears for four to six months. Pat them dry only.**

5. Wear clothing that fastens in front or back for two weeks. **Avoid** slipover sweaters, turtlenecks, T-shirts, etc. that may catch or pull on the ears.
6. Absolutely avoid sun exposure or sun lamps for six weeks after surgery. As always, wear your sunscreen. (at least SPF 30).
7. **Do not swim for one month.** Ear injuries are common while swimming. By all means protect your ears for at least six weeks in all activities. **Contact sports** such as basketball, soccer, volleyball, football and wrestling **are prohibited for four months following surgery.**
8. Don't be concerned if, following removal of dressing, the ears show some signs of swelling and discoloration. These changes usually clear in two to three weeks. However, **if you experience fevers greater than 102, the ears become red, tender or appear to have lost their normal contour or become blunted by what appears to be a collection of fluid or blood, you should contact your physician immediately. If you see any signs of drainage from the incision, pus-like or otherwise, please contact your physician immediately.**
9. You may resume your usual medications as prescribed by your doctor(s). **Do not use** aspirin or aspirin-like compounds which may cause bleeding for two weeks before and two weeks after your surgery. **Avoid** all herbal medications for two weeks before and two weeks after surgery.
10. Your doctor has given you a pain medication to be used as directed. Do not drink alcoholic beverages or drive any vehicle after taking a narcotic. You may find that after the first 48 hours following your operation, Tylenol controls your discomfort well.
11. **Do not wear glasses** (prescription, sun or otherwise) that rest on the bridge of your ears **for at least one week.** We will instruct you in the method of securing the glasses to avoid pressure on the ears. Contact lenses may be worn after surgery.