



## Post Operative Instructions Otoplasty (Ears)

Keep your head elevated at all times for at least one week to speed the reduction of swelling. You may wish to sleep in a recliner. After removal of the bandages, wear a headband such as a terry cloth sweatband at night to keep the ears folded against the head. Once daily, cleanse the suture lines with a Q-tip dipped in hydrogen peroxide. Then apply Bacitracin ointment to the suture line sparingly with a Q-tip. You may wash the hair carefully with a mild shampoo and warm water after the bandage is removed. Do not tilt or pull the ears away from the side of the head. Sutures will dissolve in 1-2 weeks.

Antibiotics will be prescribed and should be started on the day of the surgery. Take them until they are gone. Start oral antibiotics at approximately \_\_\_\_\_. Do not take the antibiotic at the same time as your pain medication. Take pain medication first, if due, then wait an hour and take the antibiotic. Pain medication may be taken as prescribed and should be taken with food as they can be irritating to the stomach. Avoid aspirin or anti-inflammatory containing products for two weeks after surgery. You may take Tylenol after you stop taking the prescribed pain medication. Pain medication can also cause constipation. Drink plenty of fluids and you may wish to take an over-the-counter stool softener such as, Metamucil, Colace, or Docusate Sodium. Do not drive while taking pain medication.

