

CHELSEA OBOURN MD
LAKESIDE
COSMETIC CENTER

OTOPLASTY POST OPERATIVE INSTRUCTIONS

1. Sleep on your back with your head elevated for 14 days. Avoid sleeping on your side.
2. The heavy dressing will be removed in the office 48 hours after surgery. Unless instructed otherwise.
3. Once the dressing is removed, clean the incision lines behind the ears as instructed below.
4. You may resume light exercise and physical activities 7 days after surgery. You should **not** resume contact sports for 3 weeks.
5. A light headband should be worn at night (while sleeping) for at least 6 weeks.
6. Avoid sun exposure while the incision lines are healing. Thereafter, protect the incisions from the sun using sunscreen with 30 SPF or greater.
7. If prescribed an antibiotic, begin taking after surgery. Take with food to help avoid nausea. Do not drive if taking any narcotic medications for pain. Take the pain medication as prescribed for the first 24 hours. You may also take regular Tylenol (although you should not take this with the narcotic pain medication as there is Tylenol already in it.) You may begin taking Advil, Motrin, or Ibuprofen 24 hours after surgery.

SUTURE CARE

1. Clean the incision lines behind the ears 2 times daily with equal amounts of hydrogen peroxide and distilled water using a Q-tip.
2. Apply Bacitracin antibiotic *sparingly* after each cleaning for the first week only.
3. Cover with gauze, ace wrap, or head band.

DON'T TAKE ANY CHANCES - If you are concerned about anything you consider significant, please call our office at **(585)905-3414**.