Paul A. Lambert, M.D.

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(540) 722-2280

**OTOPLASTY**

**POST-OP INSTRUCTIONS:**

**ACTIVITY:**

* Rest at home for 24 hours. No heavy lifting (greater than 10 lbs.) or no strenuous exercise (aerobics, stretching, vacuuming, laundry, etc.) for 3 weeks after surgery. Walking as tolerated is permitted.
* Sleep with head elevated on two pillows if possible.
* Bathing: You may shower or bathe. If you shower, be careful not to get the head dressing wet!!
* You may shampoo your hair AFTER the head bandage is removed (usually in five to seven days post-op)
* After your dressings are removed, you must always wear a headband (ski band) over your ears for one to two weeks, and then at nighttime for an additional few weeks to prevent bending of the ears during sleep.
* After the sutures are removed, you may swim, however, the headband must be worn even during swimming for up to two weeks after surgery, unless otherwise instructed.
* Avoid smoking and being around anyone who is smoking for two months.
* Avoid direct sun exposure for a minimum of one year. Use a sunscreen with a SPF of at least #15. Tanning beds should be avoided.
* You may return to work as soon as you feel up to it, depending on your recovery and what type of work you do. You can discuss this with your physician at your post-op visits.
* You may drive in two to three days if not taking prescribed pain medication.

**DIET:**

* Begin with sips of liquids and gradually progress to a regular diet, unless otherwise instructed.

**DRESSINGS:**

* Do not disturb the dressings and keep them dry. They will be removed at your first post-op appointment.
* Again, after the head dressing is removed, you will be required to always wear a headband (ski band) over your ears for 1-2 weeks, then at bedtime for a few weeks thereafter.

**MEDICATIONS:**

* Children may take Children’s Tylenol for pain.
* Adults may take Tylenol or Extra-Strength Tylenol for pain. Do not take ibuprofen or aspirin (or any medication containing aspirin), unless specified by your doctor.

It is not uncommon to feel melancholy (emotional) after any cosmetic surgery. Such emotions are usually related to the immediate discomfort, anxiety over the appearance of swelling and bruising, and limitation of activity and socialization. These feelings will disappear as your appearance improves and you return to your usual daily activities.

Notify the office immediately if you develop FEVER GREATER THAN 100 DEGREES, SEVERE PAIN NOT RELIEVED WITH PAIN MEDICATION AND REST, BLEEDING THAT SOAKS THROUGH THE BANDAGES, NAUSEA OR VOMITING. POUNDING, THROBBING PAIN COULD INDICATE BLEEDING OR A DRESSING THAT IS TOO TIGHT. Call the office at (540) 722-2280 if you should have any problems.

I acknowledge that I have read and understand the instructions stated above.

Patient Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_