SIEGEL
FACIAL PLASTIC SURGERY

After Otoplasty

- What can I expect after surgery?
- Call the Office promptly if you notice any of the following
- How do I care for myself after surgery?
- Recovery timetable

What can I expect after surgery?

Your head will be wrapped after surgery, the head dressing will be removed the day after surgery, and an elastic compression band will be provided for you to wear for the next 7 days. You may remove the band when showering.

Mild to moderate discomfort may be associated with the surgery. This should be easily controlled with oral medications. Most children require only plain Tylenol (acetaminophen). Tylenol® with codeine (or equivalent if allergy to codeine exists) is generally always sufficient for adults.

The discomfort and pain should begin to decrease within 48 hours after surgery. A significant increase in pain after this period should prompt you to call the office.

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Call the office promptly if you notice any of the following:

- significant increase in pain after the first 48 hours following surgery.
- development of a temperature exceeding 101.0 degrees.
- if, after the dressing is removed, you: injure the ear

If any of the above should occur after regular office hours, do not hesitate to reach Dr. Siegel directly on his cell phone at 832-265-1935.

How do I care for myself after surgery?

Make arrangements to have someone drive you to, and from, your surgery.

Having someone stay with you on at least the first night after your surgery is highly recommended.

Be sure to fill your prescriptions before your surgery.

Arrive for your surgery in loose, comfortable clothing. Your top should button or zip rather than pull over your head.

Leave the dressing over the ears undisturbed.

Take the antibiotics and pain medication only as prescribed by the office.

Do not take any aspirin or any anti-inflammatory compounds for 2 weeks before and 2 weeks after your surgery unless you first discuss it with your surgeon.

If you are a smoker, you should stop all nicotine products, including nicotine patches. Tobacco inhibits your circulation and can significantly compromise your surgical outcome.

Sutures will be removed approximately 1 week after surgery. Some sutures may be left to dissolve on their own.

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You should wear a light supportive tennis headband over the ears at night for an additional 4 weeks after surgery to prevent inadvertent injury to the ears.

Sleep with the head elevated for the first 48 hours.

Recovery timetable

Approximate recovery after otoplasty is as follows:

DAY 0 Return home

DAY 1 Head dressing removed and replaced with light elastic Velcro compression dressing to be worn for the next 7 days.

DAY 2 You may shower, be careful not to scrub the areas around the stitches, and don’t let the water hit the ears directly. Apply Vaseline, or Aquaphor ointment to the suture line.

DAYS 6-8 Bandage off, stitches removed or dissolving

4 WEEKS Wear tennis headband

REMEMBER: If you have any concerns or questions, don't hesitate to get in touch with our office any time. Our office should be a source of information and reassurance throughout this entire experience, from the time of your first consultation to after your surgery.

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