



Lindsey Pennington, MD
F A C I A L P L A S T I C S

Postoperative Instructions:

Ear Lobe Repair

Maximize your results after ear surgery by following these basic posttreatment instructions. Please contact Dr. Pennington with any questions.

General

- Numbness around the area is common.
- **No** smoking or alcohol for one-week (7days) after procedure
- Avoid aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. Dr.

Pennington will advise you when you may resume taking these medications.

- Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- Avoid herbal medications, supplements, or teas, which may contain blood thinners
 - Increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea
 - Arnica Montana herbal *tablet* may help reduce bruising and swelling (this can be found at most drug stores, whole foods, drug emporium, etc.)

Diet

- Eat as tolerated. No restrictions on specific type of food or drink. Drink plenty of fluids.

Activity

- Sleep with your head elevated for the first 48 hours, to help reduce facial swelling. This can be done by sleeping in a recliner tilted at 45 degrees. This is the preferred method for recovery and tends to be the most comfortable. If there is absolutely no way to have a recliner available to you after surgery, then sleeping with pillows propped up behind you in bed is a second option.
- Caution while using a hair brush, hair dryer, or clothes which may catch or snag the ear.
- Avoid contact with substances which may irritate the skin, such as hairspray and makeup.
- **Do NOT** wear any earrings until cleared by Dr. Pennington
- **Do NOT** re-pierce the ear until cleared by Dr. Pennington

Wound Care

- Small amount of blood from wound is normal.
- Avoid getting area wet for the first 48 hours.
- Place A&D ointment or Aquaphor via a cotton-tip applicator on the incisions.

Keep moist with ointment at all times for 1 month. *Do not use any other creams/lotions.*

- Keep the incision dry. You may wash the area with a mild soap and luke warm water *after* 2 days. Do not soak the area in water or leave wet dressing against wound.
- Gently pat the area dry with a clean towel. Do not rub.
- Avoid direct sun exposure. Generally, you may start using sunscreen over the area at 1 week after the sutures are removed.