

Postoperative Instructions: Otoplasty/Ear Pinning

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

General

- Numbness around the ear is common
- Slight ear pain is to be expected but if you are experiencing severe ear pain this might indicate a hematoma (blood collection) or infection, **and Dr. Pennington must be notified immediately**
- **No** smoking or alcohol for one week (**7 days**) after the procedure
- **No** 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.
- **No** herbal medications, supplements, or teas.
- Increased risk of bleeding includes, 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 in most drug stores, whole foods, drug emporium, etc.)

Diet

- Eat as tolerated. No restrictions on specific types of food or drink. Drink plenty of fluids. Do not chew gum.

Activity

- Sleep with your head elevated for the first 48 hours, to help reduce facial swelling. The preferred method is to sleep in a recliner tilted at a 45-degree angle. If a recliner is not available, then sleeping with pillows propped up behind your back is a second option.
- **Do NOT** blow your nose.
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open
- **Do NOT** bend over or hang your head down.
- **No** heavy lifting, straining, strenuous activity, or sex for at least 2 weeks.
- Caution while using a hairbrush, hair dryer, or clothes which may catch or snag the ear
- **Do NOT** wear any earrings until cleared by Dr. Pennington
- **No** contact sports for 6 weeks.

Wound Care

- Avoid contact with substances which may irritate the skin, such as hairspray and makeup
- Avoid getting wet for the first 48 hours after surgery.
- 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 or lotions.

- Keep the incision dry. You may wash the area with mild soap and luke-warm water *after* 48 hours. **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.
- Wear an elastic headband ***continuously*** for the first week after surgery, to help protect the ears in the new position. It should *not* be tight but rather provide a gentle “hug” to area. After the first week, you must wear the headband every night for one month. Please obtain the headband before your otoplasty surgery and bring it to the postoperative visit.