

# ***Dr. Gerzenshtein's Postoperative Otoplasty Instructions***

## **AT HOME AFTER SURGERY**

1. After surgery it is best for you to go to bed with your head elevated on two pillows. Try to sleep on your back only.
2. A compressive dressing will be present over one or both ears, depending on your surgery. The dressing may be entirely soft, or have a rigid external plastic muff. You may apply dry cold packs to your ears (**OVER THE DRESSING**) for 15 minutes at a time to minimize the amount of swelling you will have after surgery.
3. Do not be alarmed if you continue to swell after the first 24 hours. Swelling reaches its peak at 48 to 72 hours.
4. If you have pain, take the pain medication every 3 hours. It is best to take pain medication with crackers, Jell-0, etc. If you have no pain, do not take the medication. Alcohol and pain medicine should not be taken together.
5. A light diet is best for the day of surgery. Begin taking liquids slowly. You can start a soft regular diet the next day.
6. The original post-operative dressing will be changed by Dr. Gerzenshtein in the office. You will be instructed on the application of a Neosporin, Adaptic, and gauze dressing twice a day thereafter.
7. After removing each old dressing, but before placing the new, you may gently wash the ears, either alone or while showering with soap or shampoo. While washing and drying the motion should be one of patting only, not wiping.
8. While the nasal splint is on, you may have your hair washed in beauty salon fashion. Take care to prevent the splint from getting wet.

## **OTHER POSTOPERATIVE INSTRUCTIONS**

1. Strenuous activity (aerobics, heavy lifting, bending over, etc.) should be restricted for 3 weeks after surgery. After 2 weeks you should slowly increase your activities so they are back to normal by the end of the third week.
2. Be careful to avoid hitting your ear(s) for 6 weeks after surgery.
3. After the splint or dressing is removed, do not allow glasses or anything else to rest on your ears for 4 to 6 weeks. Contacts may be worn instead.
4. The skin of your ear(s) will be sensitive to sunlight after surgery. Protect it from excessive exposure to the sun for 8 weeks. Wear wide-brim hats and/or sun screen (SPF-15 or greater) if you have to be in the sun for prolonged periods.

## **CALL DR. GERZENSZTEIN ANYTIME, WITHOUT HESITATION IF ANY OF THE FOLLOWING DEVELOPS**

1. Pus-like or foul smelling drainage.
2. Temperature greater than 100 degrees.
3. Excessive bleeding.
4. Increased pain in nose or cheek areas often accompanied by a headache.