

Post-Op Instructions

Otoplasty

You will return to the office the following day to have your head bandage removed and to make sure you do not have any postoperative complications.

Ice ear region every hour for at least 15 minutes for 2 days.

Keep incisions clean using a mild soap.

Apply antibiotic ointment to incisions twice daily.

Sleep with head elevated (4-5 pillows or recliner) for a week.

Sutures will be removed in 2 weeks.

No exercise, heavy lifting or bending over for 2 weeks.

Avoid use of glasses or sunglasses for 2 weeks or until incisional area behind ears is completely healed.

Wear TENNIS HEADBAND 24/7 for 1 week and then as much as possible for the next 4-6 weeks.