

LASER & COSMETIC SURGERY SPECIALISTS, PC

POST-OPERATIVE INSTRUCTIONS

Patient:

Surgery Date:

Post-Operative Instructions for Otoplasty

IN CASE OF AN EMERGENCY

- During business hours: call the office @ (845) 863-1772
 - After hours or weekends: call Dr. Rubinstein's pager @ 888-235-9868
 - **Avoid** going to the emergency room without contacting the office first for further instructions.
1. Rest on the day of surgery. Drink plenty of clear liquids during the first two days following surgery. You can eat whatever you feel like, however it is suggested that you begin with soups, toast, or other easily digested foods. Do not drink alcoholic beverages including beer and wine, for the next 24 hours. On the following day you can do those activities that you feel able to do and resume your normal activities as your physician directs.
 1. Nausea and vomiting can occur during your ride home. This is a common occurrence and is normal for many patients. If the nausea does not subside within 6 hours, you should contact your physician.
 2. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your procedure. This is perfectly normal, but you should not drive or operate any mechanical or electrical device until this feeling has worn off.
 3. You should not sign any important documents or make important decisions for 24 hours after your procedure.
 4. Discomfort or pain is usually relieved by pain relievers as prescribed by your doctor. Stomach discomfort and/or nausea can be caused by oral pain medication if you have not eaten some food; e.g., crackers and soup.
 5. If antibiotics were prescribed assure that you finish the prescription.
 6. Call for a follow-up appointment with your doctor if you have not already done so.
 7. If you have a dressing, follow the directions of your doctor. Generally; you should keep your dressing dry and in place until you are instructed to remove it.
 8. **It is very important that you wash your hands before changing your dressings or touching your surgical site.**
 - Touch surgical site or area around incision as little as possible.
 - Keep everything that comes in contact with the area as clean as possible.
 - No soaking of wound in water (including Jacuzzi) until sutures or staples are out and wound is completely healed. May shower after 48 hours.
 - Refer to your discharge instructions regarding how often to change the dressing.
 - Watch for signs of infection:
 - **Increased redness or swelling**
 - Increased pain
 - Purulent (thick yellowish drainage) drainage from the incision
 - Fever above 100 degrees.
 - Red streaks from incision
 - **For any of the above symptoms, contact our office right away.**

No HOT, WARM or COLD compresses.

You can expect:

- 1) Moderate discomfort-which should be helped by the pain medications
- 2) There may be some bloody drainage on the dressings

Call the office if you have:

- 1) Severe pain not responding to pain medication especially if the pain is more on one side.
- 2) Swelling that is greater on one side than the other
- 3) If the bandages seem too tight

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- 4) Incisions that are red or feverish
- 5) If you have a fever
- 6) If any other questions or problems arise

Smoking and usage of other nicotine products should be strictly avoided for 6 weeks before and after surgery as it interferes with healing. Alcohol should be strictly avoided 2 weeks before and after surgery. After the dressings are removed at your first post operative appointment it is requested that you shower and gently shampoo your hair daily. Dry hair with a towel or cool hair dryer. Be careful not to pull on the ears. You may drive once you are no longer taking pain medication and when you experience no pain with this activity.

Once the dressing is off, it will still be necessary to wear a wide head band over the ears at night for 6 weeks to prevent pulling them forward inadvertently when turning over during sleep. Do not use a hot tub for 4 weeks. Limit lifting, pulling or pushing for 10 days. Avoid sports or strenuous activities for 6 weeks. There may be some numbness in the ears, but this usually returns to normal with time. If there is any numbness in the ears, do not wear earrings until sensation becomes normal.

I hereby acknowledge receipt of post-procedure instructions. I have read and understand the instructions.

Patient Signature	Date	Coordinator Signature	Date
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Ran Y. Rubinstein, MD	Date	Nurse Signature	Date
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Revised 6-9-09