

**LLOYD D LANDSMAN MD**  
plastic & cosmetic surgery   
994 W Jericho Tpke Suite 102  
Smithtown NY 11787  
631-864-4111 drlandsman.com

**Post Operative Instructions**

**Procedure: Otoplasty**

1. Please leave the surgical dressing on until your first post operative visit. You may notice some oozing through the dressing. Please reinforce these areas with additional gauze as necessary.
2. Pain medication will be provided. Please take it as directed. Take the pain medication prescribed as directed. Be sure to take the phenergan with the pain medication in order to minimize postoperative nausea.
3. Pain medication can cause constipation. Please take a mild stool softener such as Colace once in the morning and once at night while on pain medication.
4. Drink plenty of water. Water will help flush out the residual anesthesia, as well as reduce swelling and constipation.
5. Your dressing will be changed at your first post operative visit. Your sutures will be removed at that time and you will be required to sleep with a headband on for 8 weeks following the surgery. Your participation in any sport will also require protection of the ears with either a headband or a cap of some type. Participation in sports is prohibited for 2 months following surgery.
6. Your first post operative visit is on\_\_\_\_\_.
7. If you should have any questions or problems, please call the office immediately at **631-864-4111**, and the doctor will return your call as soon as possible. **DO NOT USE EMAIL FOR EMERGENCIES.**