

Ali Totonchi, M. D.

Care after Otoplasty

This page contains answers to frequently asked questions regarding your care after Otoplasty surgery. This information will assist you to remember the instructions given to you after surgery.

What will I see when I look in the mirror?

Keep all dressings that have been placed on you at the time of surgery intact for 1 week after surgery. Please keep the dressing clean and dry.

After removal of the dressing, you can start washing your hair with shampoo, then apply bacitracin to all surgical incisions 3 times a day

The incision will be repaired with very fine sutures behind the crease of the ear. These sutures will dissolve on their own. You will have a cotton ball sutured into ear that will be removed at your first post op appointment.

When can I shower or take a bath?

You can bathe normally, be sure to keep any dressings on your ears dry for 1 week.

Do not shower until dressings have been removed at your post op visit.

What can I do after surgery?

You will need to wear a headband that covers the ears for 3 weeks after surgery.

You should take it easy for several days after surgery and gradually increase your activity as you feel more comfortable.

You should sleep in a semi-reclined position for 3-5 days after surgery to minimize swelling.

You should NOT do any heavy lifting, greater than 5-10 lb, or strenuous exercise for 4 weeks. You can restart your exercise regime gradually, as tolerated, 4 weeks after your surgery.

When can I drive?

You can drive if you have stopped taking prescription pain relievers, and after any eye swelling has resolved. DO NOT drive while taking prescription pain medication.

How much pain will I have after surgery?

The most discomfort you will have lasts the first 3-5 days after surgery.

You will be given a prescription for pain medication, take it as directed, if needed for pain.

The medication may make you feel drowsy so please have someone assist you at home for the first few days after surgery.

When can I drink alcohol?

You can drink alcohol 7 days after your procedure if you are no longer taking pain medication.

When will I be seen in the office after surgery?

You will normally be seen in the office 1 week after your surgical procedure, then at 1 month and 6 months to monitor healing.

How will I know if I am having a problem?

Urgent problems don't frequently occur with Otoplasty surgery. These are complications that will require a change in your post-operative care:

Vision: Sudden change or loss of vision.

Hematoma (collection of blood under the skin) can occur within a few hours to a few days of your surgery.

The warning signs are:

- Severe pain that does not respond to medication
- Significant swelling in an isolated area
- Excessive bruising in one area compared to another

Infection Signs of infection are:

- Increased redness around the incisions
- Increased drainage from the incisions
- Increased temperature/fever

Leg swelling (with or without associated pain) may indicate a problem with the vein circulation in your leg(s). If you have a large amount of leg swelling (either in one or both legs), or if you experience pain in your legs, contact the office immediately.

Breathing problems with or without chest pain, seek medical attention immediately.

Medication reactions may occur with the drugs prescribed for you. If you develop a

skin rash, itching, vomiting, or diarrhea, or other concerns, stop taking your medication and call the office.

If you have any of the above problems or other questions, contact my office at 440-461-7999.