



Cosmetic Services
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Patient Instructions Following Cosmetic Ear Surgery

Please read and familiarize yourself with these instructions before and after surgery. By following them carefully you will assist in obtaining the best possible result from your surgery. If questions arise, do not hesitate to communicate with me and discuss your questions at any time. Take this list to the hospital with you and begin observing these directions on the day of surgery.

Before Surgery:

1. Arrange for transportation to and from the office or Surgery Center and for a responsible adult to stay with you for several hours following surgery.
2. **TWO weeks before surgery**, discontinue all Aspirin and aspirin-like products (Aspirin, Bufferin, Anacin, Motrin, Advil, Aleve, Clinoril, Feldene, Meclomen, Naprosyn). You may take Tylenol, Datril, Panadol, or Anacin III as needed.

Day of Surgery:

1. Please do not eat or drink anything after midnight except as noted below.
2. You may take your usual morning medications with a sip of water.
3. Please shower the morning of surgery; remove contact lenses and all makeup, including eyeliner and lipstick, while at home.
4. Wear comfortable clothing.

After the Surgery:

1. During your surgery your surgeon will apply a dressing around the head to protect the ears. After your doctor removes your surgical dressing (1 to 2 days after surgery), they will fit you with an elastic ear dressing. The dressing needs to be worn day and night for two weeks following surgery and then at night or while sleeping for another 4 weeks. The ears are very delicate and prone to returning to their pre-surgical position within the first several months after surgery. It is imperative that the ears be protected from injury or manipulation and that the dressing be worn as prescribed by the surgeon in order to encourage the ears to heal in the desired position.
2. The ears may appear slightly overcorrected immediately following removal of the dressing. This is normal and generally resolves over the next several weeks.
3. Avoid extreme physical activity. Obtain more rest than you usually get and avoid exertion, including athletic activities and intercourse. Avoid bending, lifting or straining.
4. You may wash your face. Carefully avoid the ears. Shower or **bathe** from the neck down for the first 5 days after surgery. Do not wash hair for one week unless you have someone do it for you. Be careful NOT to towel dry the ears for 4-6 months. Pat them dry only.
5. Wear clothing that fastens in front or back for two weeks. Avoid slipover sweaters, turtlenecks, T-shirts etc that may catch or pull on the ears.
6. Absolutely avoid sun exposure or sun lamps for 6 weeks after surgery. As always, wear your sunscreen. (at least SPF 30)
7. Do not swim for one month. Ear injuries are common while swimming. By all means protect your ears for at least 6 weeks in all activities. Contact sports such as basketball, soccer, volleyball, football and wrestling are prohibited for 4 months following surgery.
8. Don't be concerned if, following removal of dressing, the ears show some signs of swelling and discoloration. These changes usually clear in 2-3 weeks. However, if you experience fevers greater than 102, the ears become red, tender or appear to have lost their normal contour or become blunted by what appears to be a collection of fluid or blood you should contact your physician immediately. If you see any signs of drainage from the incision, pus-like or otherwise please contact your physician immediately.
9. You may resume your usual medications as prescribed by your doctor(s). Do not use aspirin or aspirin like compounds which may cause bleeding for 2 weeks before and 2 weeks after your surgery. Avoid all herbal medications for 2 weeks before and 2 weeks after surgery.
10. Your doctor has given you a pain medication to be used as directed. Do not drink alcoholic beverages or drive any vehicle after taking a narcotic. You may actually find that after the first 48 hours following your operation, Tylenol controls your discomfort well.
11. Do not wear Glasses (prescription, sun or otherwise) that rest on the bridge of your ears for at least 1 week. We will instruct you in the method of securing the glasses to avoid pressure on the ears. Contact lenses may be worn after surgery.
12. **DON'T TAKE CHANCES!** Call your doctor at **916-973-6100** with any questions or concerns.