

Post Op Care Instructions: Otoplasty

- A bulky dressing will be applied to the ear and must be kept on for the first week.
- Keep head elevated to reduce the swelling and improve the pain. Lying completely flat to sleep can cause increased swelling. Do not sleep on one side, use a neck pillow and lay on back.
- Redness and some droplets of blood are normal.
- Mild pain is expected. If in severe pain, please call our office immediately.
- Do not scratch the incision sites. You may take over-the-counter allergy medicine as needed.
- Do not scrub incision site. Sponge bathing to maintain clean and dry for 1st week after surgery.
- Light exercise such as walking is ok while dressing is in place.
- No swimming pools, hot tubs, lake swimming or ocean swimming for 3 weeks.
- No contact sports for 6 weeks.
- After 1st week, you will come back for an appointment to remove dressing and any sutures. From then on, you are able to shower normally and clean the incision sites with soap and water.
- A head band must be worn for 24 hours a day for two weeks after dressing removed. Then night time only for 4 weeks.
- Please purchase a headband or workout sweatband prior to surgery to make sure it fits snugly over the ears. **Bring the headband to the first post-operative visit after surgery.**
- Be aware that the ears will be very swollen and bruised after surgery, this is normal. It will take a couple of months before the ears are soft with the swelling and bruising gone completely.

If there is any questions or concerns, please call our office at 713-61-8866 or for non-emergent issues you can also email our office at contactus@houstoncraniofacial.com

Thank you

Philemon Eric Payne, M.D. and Staff