



Facial Plastic & Reconstructive Surgery

Post-Operative Otoplasty Instructions

Activity

Sleep with head of the bed elevated or use two to three pillows for one week after surgery. Absolutely no bending, lifting or straining. For adult otoplasty patients, if you have little children sit on the floor to let them climb on your lap. We recommend no driving for one week following otoplasty surgery while the head dressing is in place due to decreased hearing and range of motion of the head and neck. A minimum of one week off work is recommended.

Earband

You will need to wear an earband day and night for one week following surgery. Week two and three, you will need to only wear the earband at night. Avoid activities that will cause the ear to bend forward.

Diet

Advance diet from liquids, to soft food, to your regular diet as tolerated.

Wound Care

Three to four days after ear pinning surgery keep the dressing dry and intact. Be sure to keep the dressing dry while bathing.

Medications

Use the prescribed pain medication as needed. Most patients complain of discomfort more than pain. For adult otoplasty patients, do not drive or drink alcohol while taking pain medication. Side effects of pain medications can include nausea and constipation. Taking pain medication with food helps minimize nausea. Over-the-counter laxatives are indicated if constipation persists.

Start your antibiotic (Keflex/cephalexin) when you get home. It is not uncommon to have a low-grade fever for 24 hours following otoplasty surgery.

Please Remember

Bruising, swelling, and disrupted sleep are very normal post-operative otoplasty symptoms and will decrease as the healing process occurs. Since hearing is temporarily compromised after ear pinning surgery, assistance with daily activities is recommended.



IU Health Physicians

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Final Result

Following otoplasty, it takes time for the swelling to subside and for the skin to heal. Most patients return to school or work one to two weeks following otoplasty surgery, depending on temporary bruising and swelling. For school, we recommend a minimum of two weeks out of physical education and a written excuse will be provided.

Please notify the office at 317.948.3223 and ask for our nurse for any concerns. For an emergency, please contact our office or professional answering service at 317.944.5000. Remember, we are here to help in any way we can.