



W H I T B Y
PLASTIC SURGERY

Otoplasty Post Operative instructions

Dressings

Dr. Chambers will put dressings on the day of your surgery under your head wrap. Please leave the wrap and dressings in place until your follow up.

Your dressings will be changed at one week after surgery. Until your dressings are changed please take sponge baths. You will usually be able to shower after your first appointment. Please bring an elastic head band of your choice to your follow up appointment.

Please wear the head band 24/7 for second week except when showering. After that only at night for 6 additional weeks. That's a total of 7 weeks after your first post operative visit.

Pain

You will be provided with a prescription for pain medication. Take Tylenol and advil in addition to your prescription medication regularly over the 1st 24 hours even if you are not having any discomfort, then switch to as needed. Please do not take aspirin or herbal medications for this first week. You should not drive while taking prescribed pain medication.

Pain medication can cause constipation. It is recommended that you pick up a stool softener such as Colace with your prescription to avoid straining bowel movements.

Pain tends to peak between 24-48 hours after surgery. If you are having more pain at 72 hours then previously which is not resolving please contact the office. Pain associated with a hot feeling at your incisions, redness and swelling can be a sign of an infection.

Activity

It is okay to do light activity right away. Please avoid vigorous physical activity for 2 weeks. If and when you restart exercising please wear your head band up to 12 weeks post operative.

What to watch out for

Your pain should steadily improve after 48 hours or so. If you are experiencing worsening pain, swelling, redness around your incisions, foul smelling discharge or systemic symptoms of fever, chills and or rigors please call the office. These are signs of infection and should be addressed. If this is over a weekend or your are feeling acutely unwell please go to the emergency department.