

Otoplasty

Otoplasty is a procedure whereby abnormal ears have their shape or position changed to a more normal appearance.

Pre operative instructions

- No alcohol, aspirin or vitamin E for one week prior to and after your surgery, as they may increase bleeding
- Scrub around and on the ears with soap once daily for 3 days prior to surgery and apply antibiotic ointment on the skin behind the ears.
- Wash your hair and face the night before surgery, in addition to shower/bathing
- Wear no makeup the day of surgery
- Avoid tight clothing or clothing which must be pulled over your head, for at least 2 weeks.

Post operative instructions

- Keep the large gauze dressing dry and intact as it helps to prevent accidental injury and splints the operated area.
- Pain will be mild and minimal. Oral painkillers are prescribed to control any discomfort.
- Keep your head elevated – you may apply cold compresses outside of the dressing to decrease swelling.
- At one to three days you will be instructed to return to the office to have your dressing removed – following this you will be instructed to use a light compression garment for an additional 2 week only to be worn at night.
- The skin sutures will dissolve by themselves and usually do not have to be removed.
- During healing the ears may appear slightly asymmetric due to swelling – this is transient and will usually subside within 6 months.
- Avoid scratching or manipulating your ears for 2 weeks after surgery.
- You may shower and gently shampoo your hair 4 days following surgery – be sure to keep a light coating of antibiotic ointment on the incision line for the first 10 days.
- Eyeglasses and contact lenses may be worn after the dressing is removed. Do not wear earrings for 7 days.
- Avoid strenuous activities and contact sports for 3 weeks.
- The ears may be tender and sensitive to touch for up to 12 months following surgery.
- Avoid comparing one ear to the other immediately following surgery. No two ears either before or after surgery will be perfectly symmetrical, minor variations always exist and are generally not apparent to others.