



Otoplasty Post-Operative Instructions

Immediately After Surgery

1. Your first post-operative appointment will be with our staff the day after your surgery.
 2. The following visit will be scheduled with a surgeon.
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1. You must come for your first postoperative visit with our staff the day after surgery.
 2. Your second post-op visit will be with a surgeon within a week after your surgery.
 3. Do not take any aspirin-type products for 2 weeks after surgery. Only use the pain medication prescribed by the surgeon.
 4. Rest with head elevated at least 30 degrees or on 3 pillows. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
 5. Apply a cold compress to your ears three times a day for the first 24 hours (20 minutes on and 45 minutes off).
 6. You should rest quietly and comfortably for the first 24 hours after surgery.
 7. Please limit ALL activities for the first week following your procedure. Only walking is allowed starting the evening of surgery.
 8. Follow a liquid diet for the first day after surgery and transition to soft diet for the next 2 days.
 9. Please do not use sunglasses or eyeglasses for 2 weeks after surgery.
 10. You will have a large head wrap dressing placed after surgery. The wrap will be removed 24 hours after surgery.
 11. Please use a headband to protect your ears after surgery (especially at night) for 4 weeks.
 12. You may wash your hair after your first office visit when your dressings are removed. Please follow shampoo instructions below.

Medication indications:

You may begin taking your prescribed pain medication, antibiotics and nausea medication immediately after your surgery

Long-Term Post-Operative Care

1. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum**.
2. No smoking is allowed 4 weeks before and 4 weeks after surgery. Ideally you would never smoke ever again.
3. Do not undergo any dental procedures for 1 month after surgery to avoid infections.
4. Before you plan to perform any vigorous activity or sport/travel please notify the office/ surgeon.
5. Please avoid all direct sun exposure for 8 weeks after surgery. Start using sunscreen 7 days after surgery every day and use for the rest of your life to minimize scarring.

After 8

weeks, you can be exposed to direct sunlight if you apply SPF 50 or greater sunscreen and reapply every hour.

Shampoo Instructions After Otoplasty

1. Do not shampoo your hair until you have been seen by the surgeon.
2. Once you have come to your first post-operative visit and the surgeon has agreed that you can begin shampooing your hair you can do so on a daily basis.
3. DO NOT pull your ears away from the side of your head as this can cause damage to the sutures used to close your wounds.
4. You may use your blow-dryer on the COOL setting to dry your ears.
5. DO NOT use any hot rollers or hair pins.
6. Gently comb or brush your hair using extreme care around the ears and sutures.

*These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

For **optimal scarring results** Dr. Zuriarrain recommends that you please purchase our **Silagen Scar Therapy System**, and begin using 2 weeks post operatively. Please ask one of our Staff members for more details.

Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent skin and is extremely tender or if you develop chills and/or fever. Please take your temperature with a thermometer a clinically significant fever is a temperature of **102 degrees Fahrenheit or greater**.

In case of emergencies:

For any after-hour **emergencies** please call 786-804-1603 for immediate assistance. If you are experiencing a life-threatening emergency, please call 911.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:

1. Baptist Hospital
8900 North Kendall
Miami, FL 33176
786-596-1960
2. South Miami
Hospital
6200 SW 73
Street
South Miami, FL
33143
786-662-4000
3. Larkin Hospital
7031 SW 62nd Avenue
South Miami, FL 33143
(305) 284-7500