

**OTOPLASTY POST-OP INSTRUCTIONS**

Keep the dressing in place for one week. It will be removed during your first clinic visit.

Sleep in an upright position the first two days after surgery to reduce swelling.

Take the narcotic pain medication as directed. While taking narcotics, take 100 mg of Colace by the mouth twice a day starting the night of surgery to prevent constipation. This is an over the counter drug. Stop taking Colace for loose stools. You may take Milk of Magnesia, Miralax, Senna, or your laxative of choice as needed for constipation. Drink plenty of water.

Do not drive while using narcotic pain medicines.

Avoid aspirin or ibuprofen containing products during the first week after surgery.

Do not use tobacco products.

Complete your antibiotic as directed.

Do not perform any vigorous activity or heavy lifting for two weeks. Walking is encouraged.

You will have some swelling and bruising of your ears and surrounding tissues. This is normal. A firm feeling or tingling of the outer ear is normal as the sensory nerves heal. **If the skin becomes red and hot to the touch, contact our office immediately.**

**CALL THE OFFICE AT 214-823-9652 IMMEDIATELY FOR THE FOLLOWING:**

* **YOU HAVE A FEVER OVER 101.5 DEGREES.**
* **EXCESSIVE BLEEDING OR FLUID SEEPING THROUGH THE DRESSINGS.**
* **YOU HAVE UNUSUALLY SEVERE PAIN THAT IS NOT CONTROLLED WITH NARCOTICS.**
* **A SEVERELY MISSHAPEN APPEARANCE, SUCH AS EXCESSIVE BRUISING OR FLUID RETENTION THAT IS LOCALIZED TO ONE SIDE OF THE FACE.**
* **YOU EXPERIENCE SHORTNESS OF BREATH OR SWELLING IN ONE LEG - CALL 911 IF THIS IS A TRUE EMERGENCY.**