

## HAND & PLASTIC SURGERY CENTRE, P.L.C.

Ronald D. Ford, M.D., F.A.C.S.  
William T. Cullen, M.D., F.A.C.S.  
Paul A. Luce, M.D.  
Shannon D. Armstrong, M.D.  
Matthew D. Martin, M.D.

*Surgery of the Hand & Upper Extremity*  
*Microvascular Surgery*  
*Plastic & Reconstructive Surgery*

245 Cherry Street, S.E., Suite 302  
Grand Rapids, MI 49503  
Phone (616) 459-4131 Fax (616) 459-6030

2373 64<sup>th</sup> Street, Suite 2700  
Byron Center, MI 49315  
Phone (616) 301-0240 Fax (616) 301-0250

### OTOPLASTY (Ears) POST-OP INSTRUCTIONS

- After getting home, continue resting comfortably for the next 24 hours with your head elevated.
- Sleep on your back with 3 to 4 pillows behind your head and back. Avoid any pressure on ears.
- After surgery, you will have a large dressing in place around the head covering the ears. This must stay in place until your physician removes it at your first post-op visit
- You can expect edema (swelling) as well as ecchymosis (bruising) around your face after surgery. The amount of edema and ecchymosis depends on the extent of surgery as well as the individual's tendency to bruise.
- To help minimize swelling and discomfort, you may apply ice cold compresses to the ears during the first 24 hours after surgery. Swelling around the ears is a normal occurrence and the amount depends on the extent of the surgery as well as the individual's tendency of bruising.
- If you experience pain, please take your prescribed pain medication as directed.
- **Call your doctor's office immediately at 616-459-4131** if you experience any of the following symptoms: Temperature above 101°F, shakes and chills, severe unrelieved pain, or increased bleeding noticed on the dressing.
- Do not engage in any strenuous activities for the next 3 weeks after surgery or as instructed by your doctor.
- Do NOT get into a bath tub, hot tub or swimming pool for at least 8 weeks following surgery because soaking can cause wound healing issues.
- It is greatly suggested to use sun block with a minimum of SPF 15 for the next 3 months to help protect your incision sites from burning. All fresh new scars are hypersensitive to sunlight, causing a tendency to burn.

Please remember that for the vast majority of patients the goal is significant improvement, not perfection. Please call our office at (616) 459-4131 should you have any questions or concerns.

**POST-OP APPOINTMENT:** \_\_\_\_\_

**PRESCRIBED MEDICATION(S):** \_\_\_\_\_

Please take Narcotic/OTC medication as directed and as needed. DO NOT drive or operate machinery if you are taking a narcotic. If you are prescribed antibiotics, take as directed until gone. Taking an incomplete course can lead to recurrence of infection. Please take antibiotics with food as this may cause upset stomach. Please ask physician before you begin taking aspirin, motrin/ibuprofen or other anti-inflammatory medications, as these can increase risk of bleeding. **\*\*IF NAUSEATED, TRY NON-ACIDIC LIQUIDS, DRY TOAST OR OTHER BLAND FOODS\*\***

**Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Hospital Staff Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Physician Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_