



John T. Lindsey

M.D., F.A.C.S.

Plastic & Reconstructive Surgery

OTOPLASTY INSTRUCTIONS

1. Keep the operation site clean and dry for 24 hours. After 24 hours, it is OK to briefly bathe. Expect some drainage on the dressings. Remove all dressings after 24 hours. Start using your terry cloth headband as soon as you remove your dressings. Wear your headband as much as tolerable for the first two weeks. Please keep your head elevated on 3 pillows while in bed. La-Z-Boy type lounge chairs offer excellent position and comfort.
2. Do not drive until Dr. Lindsey permits (you must be off all narcotic medication). For the first 24 hours – Do not sign any legal documents or operate machinery. Have a responsible adult help you, and take it easy. No bending over or lifting for the first two weeks after surgery.
3. Clear liquids first. If no nausea, progress to a regular diet as tolerated. Keep your head elevated on 3 pillows for the first week.
4. Take medication as ordered. Please see the medication dosing regimen recommended by Dr. Lindsey. ***For the Enhanced Recovery after Surgery regimen to be effective, it must be followed as prescribed.*** Do not take pain medication on an empty stomach. Do not drive while taking medication.
5. NO alcoholic beverages. NO smoking.
6. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.
7. Use ice packs to your ears for 24 hours. Crushed ice in a Glad Bag or a bag of frozen peas placed against the ears afford comfort.

8. Bruising should be minimal to none. Sometimes there is swelling and discoloration of the ears. Otoplasty is mildly uncomfortable. You should be up and moving around the house the day after surgery. Most patients are back at work within one week of surgery.
9. Call Dr. Lindsey at (504) 885-4508 (office) or (504) 495-5937 (cell) for: obvious bleeding, redness, swelling, pus at the wound, fever over 101.5 degrees, persistent vomiting, or any problems or questions,
10. Please schedule your appointment approximately 1 week following your surgery.
11. Restrictions following otoplasty for the first 2 weeks include no lifting, bending over or straining. You should not become overheated. You should not participate in physical activities, including swimming, for 6 weeks.