

# Discharge Instructions for Otoplasty

Dr. Samuel Lam

(972) 312-8188 Monday-Friday, 9am-5pm

(214) 346-1388 Answering Service

## **SPECIFIC INSTRUCTIONS:**

- The day after surgery, you will return to the office for a dressing change by Dr. Lam. He will place a headband on and instruct you how to apply it.
- You may shower the evening you return home from the first post-operative visit.
- Wear the headband continually for one week, and then during the night for the next 5 weeks.
- Return to the office for a post-operative visit 24 hours after surgery, and then again a week after surgery.
- Avoid ANY contact sports or activity that may push or traumatize your ears for a minimum of 6 months following surgery.
- No swimming for 6 months.
- It is normal for your ears to swell, but not normal for them to become reddened and itchy. Please contact Dr. Lam if you experience these symptoms.
- Do NOT use peroxide on incisions.

**Please return for your post-operative appointment as scheduled.**

Patient Signature: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date and Time: \_\_\_\_\_